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Materia Medica of Ayurveda

Based on MADANĀPALA'S NIGHAṆṬU

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VAIDYA BHAGWAN DASH

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Ayurveda

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MATERIA MEDICA

OF

AYURVEDA

Based on

MADANAPĀLA'S NIGHAṆṬU

by

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HEALTH HARMONY

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Dedicated
to
Dr. (Kj.) Ananta Tripathy Sharma
Ayurvedacharya,
M.A., B.O.L., D. Litt.
Ex-President,
All India Ayurvedic Congress
Berham Pur, Ganjam
Orissa

Whose devoted life for the development of Ayurveda was the constant source of inspiration for undertaking this work.

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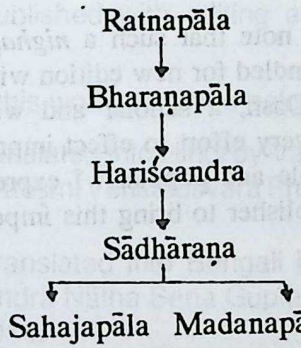
Foreword

The *Madanapāla nighaṇṭu* or commonly known as *Madanavinoda* occupies an important place in *nighaṇṭu* literature of Ayurveda. Madanapāla was the ruler in the *Ṭīkā* (*Ṭākā*?) dynasty with his capital at *kāchā* (*kāṣṭhā*?) situated north of Delhi at the bank of the Yamuna river. The description of certain items like *phoga* and *pheṇī* indicate the probable residence of the author in Rajasthan. He was younger brother of Sahajapāla and the son of Sādhāraṇa. At the end of the *Madanapālanighaṇṭu*, in concluding verses, the author has himself given his geneological table as follows :



In the introduction (P.6) of the *Madanapārijāta*, the editor, Pandit Madhusūdana Smritiratna, has given the name of Bharaṇapāla as Bhāvapāla. Additional information is obtained from the *Rasaratnadīpaka*, the work of Rāmarāja, the son of Ratnapati, who was in the service of King Sādhāraṇa. According to this, Sādhāraṇa had three sons the eldest being Lakṣmaṇasiṃha and the youngest Madanapāla. *Rasaratnadīpaka* was composed in *Śaka* 1342 (1420 A.D.) and the *Madanapālanighaṇṭu* in *Vikrama Saṃvat* 1431 (1374 A.D.) as stated in the last verse of the text.

Madanapāla was a versatile scholar and prolific writer. Besides the *Madanapālanighaṇṭu*, he composed a number of

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books on *dharmaśāstra* such as *Ānandasañjīvana, Tithinirṇayasāra, Yantraprakāśa, Śūdradharmabodhinī, Siddhāntagarbha* and *Smṛtikaumudī*. The king patronised a team of scholars in different subjects who helped him in this pursuit. *Madanapārijāta* was written by Viśveśvara Bhaṭṭa while Guṇākara Kavīśvara, the son of Vācaspati, the author of the *Ātaṅkadarpaṇa* Comm. on the *Mādhavanidāna*, helped Madanapāla in composition of this *nighaṇṭu*.

Madanapāla introduced many new and materials drugs such as opium, *bhaṅgā, jayapāla, kumārī, pārasīka yavānī, methikā, cauhāra, sulemānī kharjūra, seva, amṛtaphala, añjīra, kuṇḍalikā, phenī* etc. and also described the properties of human urine and established the concept of *balā catuṣṭaya*. Thus, in every respect, it constructed the base and paved the way for the *Bhāvaprakāśa nighaṇṭu* which dominated the field for centuries and is the most popular text of *dravya guṇa* even today.

It is heartening to note that such a *nighaṇṭu* text of historical importance has been handled for new edition with English translation by Vaidya Bhagwan Dash, a scholar and writer of international repute, who has made very effort to effect improvements in order to make it more intelligible and popular. I express my thanks to the author and also the publisher to bring this important text to light in new attractive form.

Gurudham Colony,
Varanasi,
20 January, 1991.

(P.V. Sharma)

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PREFACE

Ayurveda, the traditional medicine of India is catering to the health needs of the people of this region since the early days of human civilization. Its importance and significance for the welbeing of the society was recognised, and this 'science of health' was treated as one of the *upavedas* of the *Atharva veda* (according to some, of the *Ṛk veda*). Along with accumulation of human experience, both mundane and spiritual, the science was classified into eight specialised branches, and classics were composed on each of these specialities. It had its ups and downs during different periods of history. To promote its practice for the welfare of humanity, efforts were made periodically to compose new works on different aspects of each of these specialities and thus, texts of Materia Medica as a part of *kāya cikitsā* (internal medicine) become popular. *Madanapāla nighaṇṭu*, which was composed during the 14th Century A.D. is one such effort in this direction. Several prints of this work were published with editing and translations into regional vernaculars.

Important editions of this work are given below :

1. Edited and translated into Hindi by Vaidya Rāma Prasāda Śarmā; published by Lakṣmī Veṅkaṭeśvara Press, Bombay in 1910 (Reprint in 1954).
2. Edited and translated into Bengali by Devendra Nātha Sena Gupta and Upendra Nātha Sena Gupta; published by Sena Gupta, Calcutta, in 1914.
3. Edited by Nanda Kiśora Śāstrī; published at Vārāṇasī in 1919 (3rd edition).
4. Edited and translated into Hindi by Śaktidhara Śukla; published by Navala Kiśora Press, Lucknow in 1917 (12th edition).
5. Edited and translated into Gujrati by Madana Lāla Daulata Rāma Śarmā; published at Ahamedabad in 1918.
6. With the commentary of Ravidatta, published by Lakṣmī Veṅkaṭeśvara Press, Bombay.

Need for Publication

Unfortunately, all the above editions of this work have gone out of print since long and the Sanskrit text or its commentary and translations are not available in the market for Ayurvedic students, teachers and research workers. As it is mentioned in the beginning

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of this text, at the time of its composition, several other *Nighaṇṭus* or works on Ayurvedic materia medica were prevalent. Some of these texts were in detail, some were in brief and some others included inaccurate descriptions of the synonyms and properties. The present work was composed avoiding unnecessary details, appropriately expanding the brief statements and correcting the inaccurate descriptions. Bringing out an edition of this reputed text was therefore, considered essential.

Critical Edition

The earlier editors of this works, had consulted several manuscripts on this work as it is evident from their editorials but details of these manuscripts and variant readings are not furnished. For them, to bring this work to lime light and to make it available to students and teachers were more important than giving critical notes and variant readings. All these editors were reputed Sanskrit and Ayurvedic scholars. Manuscripts they had, were full of calligraphic corruptions and unauthentic interpolations. Such inaccuracies were, no doubt, corrected by the editors. But the exact nature of original readings is not furnished to facilitate future research work. Therefore, it was found necessary to bring out a critical edition of this work after consulting original manuscripts.

Need for Translation into English

There is a growing interest in the fundamentals and practices of ayurveda among the doctors of Modern medicine and scientists of this country and abroad. Only Sanskrit text or its translations into vernaculars do not help them in appropriate comprehension of the intricacies and deep-meanings embedded in these texts. Therefore, providing an English translation of the text was considered essential. Several works on ayurvedic materia medica are, no doubt, available at present in English. But description of ayurvedic drugs in these works are given, for the most part, from the Chemistry, Botany or Pharmacology points of view. For the appropriate appreciation of the therapeutic value of drugs, dietary articles and drinks, it is essential to understand the fundamentals of drug composition and drug action as envisaged in original ayurvedic works. Therefore, instead of a running translation of verses, an attempt has been made in this work to describe the synonyms and properties in a format classified keeping in view the requirements of ayurvedic fundamentals relevant to such work.

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English rendering follows the Sanskrit text and Sanskrit name of the ingredient is given in Romanised form at the beginning of each monograph. Along with the name, the botanical or English name of the ingredient is furnished in parenthesis. In case of doubt, such botanical names, etc., are not included. In certain cases, like food preparations, the equivalent terms used in vernacular for these items are furnished.

Along with the main ingredient, at times, synonyms and properties of its various parts and variants are provided. These are printed duely indented.

In the format for English rendering, the following subheadings generally appear :

1. *Paryāya* (Synonyms);
2. *Rasa* (Tastes);
3. *Vīrya* (Potency)
4. *Guṇa* (Attributes);
5. *Karma* (Action);
6. *Prabhāva* (Specific action);
7. *Vipāka* (Taste that emerges after digestion); and
8. *Āmayika prayoga* (Therapeutic usage).

At the end of the item, notes, where ever necessary, are given to indicate specific nature of the ingredient which is not appropriately covered under the above mentioned subheadings.

Works Used for This Critical Edition

We have adopted Lakṣmī Venkaṭeśvara Press edition (1910) as the base of our work because it was edited and translated by a reputed ayurvedic scholar-physician with erudite scholarship in Sanskrit language. This work is marked as 'kha' (ख) in the footnotes. We have acquired a palm-leaf manuscript in Sanskrit language but Oriya script. Beginnings of the recto [R.] and verso [V.] of this manuscript are marked in the present critical edition within square brackets. Though replete with calligraphic erros specially with reference to transcribing 'ब' as 'ब', 'ष' and 'श' as 'स', and 'र' as 'ल' and *vice versa*. This palm-leaf manuscript has significant variant readings which are grammatically and syntactically more appropriate. Some more accurate variant readings are transposed into the original Sanskrit text and less important ones are given in

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foot-notes with the sign 'ka' (क) for this palm-leaf manuscript. When transposed, the original text of the printed book (Lakṣmī Veṅkateśvara Press edition) is given in the foot note.

Some of the verses of printed book (*kha*) are not available in the palm-leaf manuscript (*ka*) and the latter has some additional verses also. These additional texts of (*ka*) are printed in bold print and the additional texts of (*kha*) are printed in italics for the convenience of the research workers.

The printed book has subtitles for each drug, etc., in the left side at the top. These are retained as such and printed in the centre. The palm-leaf manuscript on the other hand, has the Sanskritised Oriya names at the end of the verse describing the item. Therefore, we have given these names as they appear in the text at the right side bottom of the Sanskrit text.

We consulted the printed book in Sanskrit (Bengali character) along with the Bengali translation of the text. There were considerable changes of this Bengali text marked as 'ga' (গ). The editor, before publishing has obviously consulted other texts of different authors and tried to make the description of synonyms and properties as comprehensive as possible. The additional readings provided in this work are, no doubt, useful. But such details defeat the very purpose of composing this text as enunciated in the verse No. 5 of the first Chapter, according to which this work excludes all the unessential details. To illustrate this, we have given the variant readings of this Bengali print with the mark 'ga' (গ) in the foot notes of the 1st Chapter and upto verse No. 31 of the second Chapter. To caution our readers, we do not hold the extra or different readings of Bengali print as wrong, but ignored them only in conformity with avowed objectives of the original author of this work. Perhaps a comprehensive text on the line envisaged by the Bengali edition is eminently necessary and should be attempted in future.

Time of Composition

There is no difficulty in ascertaining the time of composition of this work. In the colophon, the date when the work was completed is given as :

Vikrama Saṃvat 1431, *Māgha māsa, śukla pakṣa, ṣaṣṭhī tithi, Somavāra*, i.e. in 1374 A.D.

Author of This Work

Madanapāla nighaṇṭu as the very title suggests was the effort

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of the king Madanapāla. Colophon at the end of the each Chapter suggests that this work was composed by Madanapāla himself. But the invocation in the beginning of the second Chapter suggests otherwise. The (real) author of this work has offered prayer to God to anihilate all dangers to the king Madana. If Madanapāla himself was the author, then obviously, he could not have composed this type of invocation. This book, therefore, was composed by another reputed scholar-physician and was dedicated to the king Madanapāla. Later on, Madanapāla was attributed the authorship of this work erronously by later authors. The (real) author has not disclosed his identity anywhere in the text.

It was the tradition in ancient times in India that kings or rulers used to get composed works on different fields of literature and science by scholars, and these books were subsequently named after the patron. The same might have happened in the case of *Madanapāla nighaṇṭu*, and the real author has remained anonymous.

The same Madanapāla has got another book (*Madana pārijāta*) written by a Sansktit scholar Viśveśvara Bhaṭṭa (fl. 1360-1390 A.D.). May be the same or another similar scholar has compiled this reputed work on ayurvedic Materia medica. However, as the patron, much of the credit of this work certainly goes to the king Madanapāla.

Madanapāla

Madanapāla, according to the colophon in this work belongs to *Ṭīkā* (*Ṭākā*) family, and he was the king of *Kāṣṭhā* (*Kāchā* or *Kaccha* or *Kāṭhā* according to variant readings). Very little is known about this *Kāṣṭhā* kingdom. Some scholars explain *Kāṣṭhā* or *Kaccha* as a state during medieval period, in the north of Delhi on the bank of the river Yamuna, and according to some, it was Kaccha in Gujrat. Some historians interpret it as Kannauj, and some others as Kathamandu (its Sanskrit original was Kāṣṭhamaṇḍapa). There is an exaggerated description of the beauty of this kingdom which does not give any significant clue to its identity.

About the geneology, the colophon indicates that the king Madanapāla was the son of king Sādhāraṇa and grandson of Hariścandra. Hariścandra's father was Dharmapāla and his grandfather was Ratnapāla. There are variant readings to this text. According to *Rasaratnapradīpa* of Rāmarājā (quoted by Prof. P.V.

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Sharma). Madanapāla, Sahajapāla and Lakṣmaṇa Singh were three sons of King Sādhāraṇa.

In the colophon, it appears that Madanapāla had the title *Kaṭāra malla*.

In the beginning of the book, the author has invoked the blessings of Lord Gaṇeśa and Lord Dhanvantari along with Lord Krishna as well as the god Sun. From the invocations, in the beginning of all the Chapters, it appears that Madanapāla was a great devotee of Lord Krishna.

About the Book

Madanapāla nighaṇṭu is also known as *Madana nighaṇṭu* and *Madana vinoda*.

In verses 4 & 5 of the first Chapter of this work, the object of this composition is made clear. According to this;

"Of the several Nighaṇṭus, prevalent some are very brief, some are too large, some are difficult of comprehension, and some include inaccurate descriptions. Therefore, this work dealing with properties of medicinal ingredients, is composed which is neither too brief nor in too detail, and it includes reputed synonyms."

It has thirteen Chapters (there are some variant readings to the titles of Chapters) as follows :

1. *Abhayādi Varga*:

Includes description of 165 drugs beginning with *abhayā* (*Terminalia chebula*).

2. *Śuṇṭhyādi Varga*:

Includes description of 39 drugs beginning with *śuṇṭhī* (dry variety of *Gingiber officinale*).

3. *Karpūrādi Varga* :

Includes description of 84 aromatic ingredients beginning with *karpūra* (*Cinnamomum camphora*).

4. *Suvarṇādi Varga* :

Includes description of 44 metals and minerals including gems and jewels, beginning with *suvarṇa* (gold).

5. *Vaṭādi Varga* :

Includes description of 50 ingredients beginning with vaṭa (*Ficus bengalensis*).

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6. *Phala Varga* :

Includes description of 56 edible fruits beginning with *drākṣā* (*Vitis vinifera*).

7. *Śāka Varga* :

Includes description of 56 plants whose leaves, flowers, roots and fruits are generally used as vegetable.

8. *Pāniyādi Varga* :

Includes description of liquids, like different types of water, milk, alcohol and urine.

9. *Ikṣukādi Varga* :

Includes description of sugar-cane, products of sugar-cane juice and honey.

10. *Dhānya Varga* :

includes description of cereals, corns and pulses.

11. *Dhānyakṛtānnādi Varga* :

Includes description of different food- preparations.

12. *Māṃsa Varga* :

Includes description of various birds and animals whose meat is used.

13. *Miśraka Varga* :

Includes description of *anupāna* (post-prandial drinks) and other regimens, specially for different seasons.

Over 500 ingredients which are used in medicine, food and drinks and which include vegetable products, animal products, metals, minerals, gems and jewels are described in this work.

Some exotic drugs, like *ahiphena, bhaṅgā, kaṅkuṣṭha, jayapāla, pārasīka yavānī, cauhāra, sulemānī kharjūra, kharbūja, amṛtaphala, bādāma, aṅjīra* and *gṛñjana* are also described in this work. This indicates that the author had made efforts to acquire information about drugs and food ingredients which were not indogenous but were being imported at that time from foreign countries.

Apart from bringing out a critical edition of an out of print work, our efforts are to make available to the scientists and research workers in the fields of Botany, Pharmacology and Medicine, in this country and abroad, a masterly work on ayurvedic materia medica, which, along with the synonyms and therapeutic properties will present before them the basic ayurvedic concepts of drug-compo-

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sition and drug-action in a lucid style. If this purpose is even partially served, we will feel our efforts amply rewarded.

At the end, we share the sentiments of the great poet and playwright Kālidāsa who in his *Abhijñāna śakuntalam* said :

आपरितोषाद्विदुषां न साधु मन्ये प्रयोगविज्ञानम् ।
बलवदपि शिक्षितानामात्मन्यप्रत्ययं चेतः ।।

"I do not deem the endeavour perfect until it gives satisfaction to the Wisemen. Even the strong mind of a well trained performer (author) has reservations about his own ability."

ACKNOWLEDGEMENTS

We are thankful to the Director of the Moolchand Khirati Ram Hospital, New Delhi, for kindly allowing us to take a copy of *Madanapāla nighaṇṭu* (Lakṣmī Veṅkaṭeśvara Press edition). Our thanks are due to Kj. Ashutosh Majumdar for kindly supplying the Bengali edition of this work and to Vaidya Jhumarmal Bengani of Jain Vishwa Bharti, Ladnu for kindly supplying a copy of the manuscript of this work in their Library. The help rendered by the Liberarian of the National Library Calcutta by supplying a microfilm of the Bengali edition of this work is thankfully acknowledged.

In the introduction of this work we have used material from the Introduction to *Dravyaguṇa* by Prof. P.V. Sharma, Positive Sciences of Ancient Hindus by Late Prof. B.N. Seal and Hindu Chemistry by Late P.C. Ray. We are highly indebted to them.

BHAGWAN DASH
KANCHAN GUPTA

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INTRODUCTION

Ayurveda, the science of life, deals with the physical, mental and spiritual health of an individual--human-beings, animals, birds and even plants. According to Indian philosophy, both animals and plants have mind and soul in addition to physique. In some, these are well manifested and in others these are in latent or sublatent states. Therefore, along with commonly known ayurvedic texts for humanbeings, there are books on *gavāyurveda* dealing with cattle health, *aśvāyurveda* dealing with the health of horse, *gajāyurveda* dealing with the health of elephants and *vṛkṣāyurveda* dealing with the health of vegetable kingdom. Ayurveda, in a narrow sense, is also interpreted as the science of medicine. Simple freedom from conspicuous diseases and possession of robust body is not considered as health in ayurveda. Along with the harmony of *doṣas* (physical entities governing the body-physiology) and *dhātuas* (tlssue elements composing the anatomical structure), the person should have perspicuousness of the soul, senses and the mind to be called healthy. Thus, ayurveda deals with the signs and symptoms of the happy and unhappy life, and drugs, diet, drinks and other regimens which are useful and harmful for good health. In other words, ayurveda prescribes dos and don'ts for the preservation as well as promotion of positive health, and prevention as welll as cure of diseases.

Unique Features of Ayurveda

Ayurveda is a holistic science of health. Apart from the sign and symptoms of the diseases manifested in the affected part of the body, it prescribes measures to ascertain the place of origin of the disease (*udbhava sthāna*) and the channel through which the morbid material has traversed (*sañcāra mārga*) from the site of origin to the site of manifestation of the disease. Thus, for treatment, it prescribes measures to correct the site of origin and the channels of transportation of the morbid material along with the site of manifestation of the disease. By doing so, it helps in the complete eradication of the ailment and not only giving mere relief from the agonising signs and symptoms. Apart from the whole body, it emphasises upon correcting the mental abberations which are also considered to be important factors of causing diseases.

Ayurveda recognises the roles of foreign organisms like bacteria, virus, etc. in the causation of diseases. But these are considered

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as "secondary causes", the primary cause being the disturbance in the harmony of *doṣas* (physical entities responsible for regulating body-physiology) and *dhātus* (tissue elements constituting the structure of the body). If these *doṣas* and *dhātus* are in their appropriate state of equilibrium, then these foreign organisms, howsoever virulent they may be, will not be able to multiply or grow to cause a disease. This principle is applied to both the preservation as well as promotion of positive health and prevention as well as cure of diseases. Apart from good conduct (*ācāra rasāyana*), regimens for different parts of the day and night and for various seasons are prescribed. If a person is unable to follow these instructions because of ignorance or wilful negligence and falls victim to the attacks of organisms or metabolic aberrations, then therapies are prescribed in the form of drugs, diet, drinks, massage, exercise, etc., to restore the harmony of *doṣas* and *dhātus*, and to correct mental perversions. Once the harmony is restored, the invading germs stop growing and succumb to their death in the absence of congenial atmosphere and because of the presence of hostile environment around them.

Thus, ayurvedic therapies, along with correcting the ailment, promote body resistance or immunity against the disease causing organisms. Ingredients of these therapies, before acting, become homologous to the tissues and they do not act as foreign elements. Therefore, instead of *side (toxic) reactions*, they produce several *side benefits* inasmuch as the body becomes immune to several other invading organisms.

Dravya Guṇa (Materia Medica)

As has been stated above, drugs apart, diet, drinks and other regimens are used as therapeutic measures in ayurveda. Thus, in ayurvedic works on materia medica, all these items are described and their properties are elaborated.

In the books on ayurvedic materia medica, durgs, ingredients of food and drinks are classified into several categories. Generally, different methods are followed for such classification in different works and each of these groups is described in separate chapter. These chapters are named after the primary drugs described in the beginning, for example, *Abhayādi varga*, which is the first chapter of this text. Of each item, in the beginning, synonyms are provided. These synonyms are generally indicative of the botanical characteristics, therapeutic effects, parts of the plant used, place of growth,

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time of occurrence, local names and other physical features. Due to lack of communication facilities in those days, the same drug was used by different names in different parts of the country and at times, the same name was used for different drugs. All these names were later compiled by scholars and placed in one place to facilitate their recognition and identification. Thereafter, the taste, attributes, potency, *vipāka* (taste that emerges after digestion), specific action and therapeutic utility are described. In respect of some drugs, their varieties and adverse effects, method of usage, method of preparation, adverse effects produced because of injudicious usage and precautions are prescribed. To facilitate easy memorisation, these texts are written in Sanskrit verses. Traditional invocations at the beginning and colophons at the end of each chapter are provided. These invocations lead one to judge the sect of Hinduism to which the author belongs. The colophon provides lead to the identity of the author. The purpose of composition is generally indicated in the beginning of the work. In some works, details on the fundamentals governing the concepts of drug-composition and drug-action are also furnished. But generally the compiler or author of works on materia medica expects the readers to be well acquainted with such fundamentals.

Ayurveda has eight specialised branches as follows :

(1) *Kāya cikitsā* or Internal medicine;
(2) *Śalya tantra* or Surgery;
(3) *Śālākya tantra* or Management of diseases of Eye & ENT;
(4) *Bāla tantra* or Paediatrics;
(5) *Bhūtavidyā* or Psycho-therapy including Seizures by evil spirits;
(6) *Agada tantra* or Toxicology;
(7) *Rasāyana tantra* or Geriatrics; and
(8) *Vājīkaraṇa tantra* or the Science of aphrodisiacs.

Dravya guṇa or materia medica, being common to all the above mentioned eight branches, is embodied in the texts of each of these specialities. But, at a later stage, to facilitate study of these branches, separate works were composed. Some authors have even recognised *dravya guṇa* as one of the specialised branches.

Ayurveda is one of the *Upavedas* (subsidiary to the Vedas). It owes its allegiance to *Atharva veda* and *Ṛk veda*. In fact, descriptions of Ayurvedic principles and practices are lying scattered in

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different parts of all the four *Vedas*, *Brāhmaṇas*, *Āraṇyakas*, *Upaniṣads*, *Smṛtis*, *Dharmaśāstras*, *Śrauta sūtras*, *Gṛhya sūtras*, *Purāṇas* and *Itihāsas*.

Nighaṇṭu

To the titles of the works on ayurvedic materia medica, generally the term '*nighaṇṭu*' is suffixed. This term was originally intended to give only synonyms of Vedic terms, as in Yāska's *Nighaṇṭu*, which was supplemented by *Nirukta* providing definition and derivation of these terms. Since books on ayurvedic materia medica also include synonyms of drugs in the beginning, the same term gained popularity so much so that in the context of ayurveda, *nighaṇṭu* became synonymous with materia medica. For this purpose, the term '*dravya guṇa*' came to use only at a later stage.

Historical Review of Ayurvedic Materia Medica

As has been mentioned before, the need for composing works exclusively on ayurvedic materia medica was felt much later and the earliest reference to one such work called *Saṃhitottara nighaṇṭu* goes back to 6th century B.C. This work, according to Pdt. Hemarāja Śarmā of Nepāla was appended to *Suśruta saṃhitā*. The *Uttara tantra* in the extant editions of *Suśruta saṃhitā* is itself an appendix and, therefore, the possibility of another appendix to this ayurvedic classic cannot be ruled out. This work is not published so far. In the three major ayurvedic classics, viz., *Caraka saṃhitā*, *Suśruta saṃhitā* and *Aṣṭāṅga hṛdaya*, drugs, diet, drinks and fundamental principles guiding drug composition and drug action are described in various chapters. In Vāgbhaṭa's works, viz., *Aṣṭāṅga hṛdaya* and *Aṣṭāṅga saṅgraha*, the description is more systematic. *Rasa vaiśeṣika* by Nāgārjuna (5th Century A.D.) provides a systematic description of the fundamentals of materia medica.

Many reputed works on ayurvedic materia medica were composed during the medieval period, i.e. between 8th to 15th Century A.D. Important ones are as follows :

(1) *Aṣṭāṅga nighaṇṭu* by Vāhaṭa (Vāgbhaṭa?) 8th Century
(2) *Paryāya ratnamālā* of Mādhava 9th Century
(3) *Siddhasāra nighaṇṭu* by Ravi Gupta 9th Century
(4) *Dravyāvali* or *Dhanvantri nighaṇṭu* 10th Century
(5) *Dravyaguṇa saṅgraha* of Cakrapāṇidatta 11th Century

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(6)	*Aruṇadatta nighaṇṭu* by the lexicographer Aruṇa datta	12th Century
(7)	*Vāṣpacandra nighaṇṭu*	12th Century
(8)	*Soḍhala nighaṇṭu*	12th Century
(9)	*Dhanvantari nighaṇṭu*	13th Century
(10)	*Mādhava dravyaguṇa*	13th Century
(11)	*Siddhamantra by* Keśava	13th Century
(12)	*Hṛdaya dīpikā* by Bopadeva	13th Century
(13)	*Āyurveda mahodadhi* by Suṣeṇa	14th Century
(14)	*Madanapāla nighaṇṭu*	14th Century
(15)	*Kaiyadeva nighaṇṭu*	15th Century

After 16th Century, several works on ayurvedic materia medica were compiled. Following are the prominent ones among them :

Bhāva prakāśa

During the medieval period, Bhāva Miśra has made significant contribution to the science of Ayurveda in general and to *dravya guṇa* in particular. This work is held in high esteem inasmuch as it is considered as one of the *Laghu trayī* (minor triad) of Indian Medicine in addition to *Mādhava nidāna* and *Śāraṅgadhara saṃhitā*. (Some physicians include *Yoga ratnākara* in the place of *Bhāva prakāśa*). He most probably belonged to Magadha (now in Bihar State) and he flourished during the 16th Century A.D. On the path shown by Madanpāla., Bhāva Miśra has included many exotic drugs in his materia medica. He made significant contribution to ayurvedic therapeutics by describing *phiraṅga roga* (syphilis) and its treatment with *Rasa karpūra* (Mercuric chloride) along with other medicines.

Rāja nighaṇṭu

Rāja nighaṇṭu also known as *Abhidhāna cūḍāmaṇi* is authored by Narahari Paṇḍita. He belonged to 17th Century A.D. Apart from the excellence of his description of materia medica, he has included *dravya guṇa* in the eight specialised branches of Ayurveda and *dravya guṇa* branch is listed in the beginning.

Vaidyāvataṃsa

This short treatise on ayurvedic materia medica is composed by Lolimbarāja who flourished during the first quarter of 17th Century A.D.

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Darvya guṇa śataka

This work is composed in 100 verses by Trimalla Bhaṭṭa. Mostly properties of ingredients of diet and drinks are described in this work. Apart from the description of materia medica, this work is of considerable poetic merit. Trimalla Bhaṭṭa was born in South India, but during the later period of his life, he lived in Vārāṇasī. He flourished during the middle of 17th Century A.D.

Śiva kośa

This work is composed by Śivadatta Miśra, who was a resident of Vārāṇasī. He flourished during the later part of 17th Century A.D. On this work, the author has written an auto-commentary to explain his views.

Rājavallabha nighaṇṭu

This work of materia medica was composed by Rājavallabha Vaidya during the 18th Century A.D.

Nighaṇṭu ratnākara

This is a voluminous work composed by Viṣṇu Vāsudeva Godbole and it was published in 1807. Originally, it had a Mārāṭhī translation. Subsequently, its Hindi translation by Ravidatta Vaidya was published from Lucknow.

Nighaṇṭu saṅgraha

The author of this work was Raghunāthajī Indrajī (also known as Kaṭo Bhaṭṭa) He belonged to Jūnāgaḍha in Gujarat and his work was completed in 1893.

Śāligrāma nighaṇṭu bhūṣaṇa

This work was composed by Lālā Śāligrāma Vaiśya. This work was completed in 1986 and it includes the properties of some modern drugs.

Vanauṣadhi guṇādarśa

This voluminous work was composed in Mārāṭhī language by the erudite scholar Śaṅkaradājī Śāstrī Pade in seven volumes. This work was published during the beginning of 20th Century.

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Modern Works

During the 20th Century, several ayurvedic physicians composed works on ayurvedic materia medica. The important ones are as follows:

(1) ***Vanauṣadhi darpaṇa*** by Kavirāja Birajā Caraṇa Gupta. It was published in 1908-09. The author was patronised by the king. of Cooch Behar.

(2) ***Vanaspati śāstra*** which describes the flora of Barda forest of Gujarat. It was published in 1910. The illustrious author of this work was Jaikrishna Indraji Thakar. This author published the flora of Kutch region in 1926.

(3) ***Nighaṇṭu ādarśa*** Vaidya Bāpālāla Gadabada Shah. The work was originally in Gujarati, but subsequently published in Hindi. Bāpālālajī was a renowned contemporary scholar of materia medica and took part in several important Committees constituted by the Government of India.

(4) ***Rūpa nighaṇṭu*** was composed by Rūpa Lāla Vaiśya, who was born in 1871. His work was published in 1934. He had several other publications on ayurvedic materia medica to his credit.

(5) ***Vanauṣadhi candrodaya*** This encyclopaedic work, in ten volumes, was composed by Chandrarāja Bhaṇḍārī and published in 1938.

(6) ***Dravya guṇa vijñānam:*** It was composed by Ācārya Yādavajī Trikamajī (1881 - 1956) and was published in two volumes between 1947 - 1950. He arranged ayurvedic drugs according to their botanical families and provided botanical names.

(7) ***Dravya guṇa vijñāna*** :This work was composed by the erudite scholar professor Priyavrata Śarmā in three volumes, which were published in 1955-56. The author's scholarship in the field is acknowledged by his students and admirers by calling him the moving encyclopaedia of ayurvedic materia medica. He has composed several other works in this field.

(8) ***Auṣadhi vijñāna śāstra*** by Professor Viśvanātha Dvivedī (b.1910) is an authentic reference work on ayurvedic materia medica. He was Professor and Head of the Department of *Dravya guṇa* at the Post Graduate Training Centre in Ayurveda at Jamnagar. His commentary on *Bhāva prakāśa nighaṇṭu* is a must for every student, teacher or research worker of ayurveda.

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(9) ***Glossary of Vegetables Drugs in Bṛhattrayī*** : This work is jointly composed by Ṭhākura Balawanta Singh (b. 1903) and Dr. Kṛiṣhṇa Candra Cuṇekar. Both the authors have made extensive survey of the forests, which form the basis of this scholarly exposition.

Several other authors have contributed to *dravya guṇa* or materia medica of ayurveda in the form of monographs, books, pamphlets and articles on this subject. On this subject, several Botanists of India and abroad have composed voluminous works for which the reader is advised to peruse the work "Introduction to Dravya Guṇa" by Professor P.V. Śarmā.

After this brief historical review, we shall now give in brief the fundamental concepts of the creation of the universe, evolution of matter and drug composition in ayurveda.

Philosophical Basis

For correct appraisal of the scientific nature of ayurvedic materia medica or *dravya guṇa*, it is necessary to be acquainted with the fundamentals, specially with reference to the physical and chemical concepts basic to this system of ancient Indian medicine. Without this background, any attempt to judge the scientific nature of ayurvedic practice will be futile and misleading. So far as the creation of the universe and the evolution of different categories of matter in general and drugs, ingredients of diet and drinks in particular are concerned, ayurveda follows the physical theories of *Sāṅkhya*. The *Nyāya* and *Vaiśeṣika* systems are adopted in ayurveda with reference to the methodology of examination, mechanics, physics as well as chemical reactions.

Prakṛti (Primordial Matter-Stuff)

According to *Sāṅkhya* system, the manifested world is traced back to an unmanifested ground, which is called *Prakṛti* or the Primordial-matter-stuff. This *prakṛti* is formless, undifferentiated limitless and ubiquitous, indestructible and undecaying, ungrounded and uncontrolled, without beginning and without end. Even though it is conceived as a unit, it is merely an abstraction. It is in reality an undifferentiated, manifold and indeterminate infinite continuum of infinitesimal Reals. These Reals are called *guṇas*, and they are classified into three categories, namely, (1) *sattva* or the essence, which manifests itself in a phenomenon, which is characterised by its tendency to manifestation and which serves as a medium for

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the reflection of intelligence and consciousness; (2) *rajas* or energy, which is efficient in a phenomenon and is characterised by the tendency to work and to overcome resistance; and (3) *tamas* or intertia (mass), which counteracts the tendency of *rajas* to do work and of *sattva* to conscious manifestation.

Thus, the ultimate realities of this universe are (1) *sattva* or the essence or conscious factor, (2) *rajas* or energy, and (3) *tamas* or inertia characterised by mass. These *guṇas* or attributes are Reals and substantive entities. They are not material, but they possess quantum and extensity. The very nature of energy or *rajas* is to do work, to overcome resistance and to produce motion. All energy is, therefore, ultimately kinetic in nature. The *sattva* or the consciousness manifests itself into intelligence and nothing exists without such manifestation in the universe of consciousness. This does not possess mass or gravity. It neither offers resistance, nor does it work. On the other hand, *tamas* representing mass, inertia or matter offers resistance to motion as well as to conscious reflection.

The conscious element (*sattva*) and the matter stuff (*tamas*) by themselves, cannot do any work, and, therefore, devoid of productivity in themselves. All work comes from *rajas*, the principle of energy which overcomes resistance of matter and supplies even energy to the consciousness for the regulation or adaptation of its own manifestations.

These *guṇas* or attributes are always uniting, separating and uniting again. Everything in this world results from their peculiar arrangement and combinations. Though cooperating to produce the world of effects, these diverse tendencies of *guṇas*, never coalesce, with each other. Thus, in the phenomenal product, every energy is due to the element of *rajas*, all matter, resistance and stability are due to *tamas* and all conscious manifestations are due to *sattva*.

STARTING OF COSMIC EVOLUTION

There is a condition of equilibrium or equipoise consisting of uniform diffusion of these Reals at the starting point of cosmic evolution. At this stage, the process of cosmic evolution is in a stage of standstill. The transcedental influence of the *Puruṣa* or the Absolute puts an end to this stage of arrest, and initiates the process of creation.

Evolution begins thereby with a disturbance in the state of this

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equilibrium. When the influence of the *Puruṣa* ends this state of arrest, the affinity which is inherent in *sattva*, *rajas* and *tamas* comes into play, breaks up to the uniform diffusion and leads to unequal aggregation resulting in the relative preponderance of one or more of these *guṇas* over the other.

Thus, the process of evolution consists in the development of the differentiated within the undifferentiated, of the determinate within the indeterminate, and of the coherent within the incoherent. This evolutionary series is subjected to a definite natural law. The order of succession is not from the whole to the part nor from parts to the whole, but from relatively less differentiated, less determinate and less coherent whole to a more differentiated, more determinate and more coherent whole. This stage, represents a change from *avyakta* to *vyakta*.

The next stage of succession is the evolution of *Mahat* or Consciousness by differentiation and integration within the formless, characterless and inconceivable *Prakṛti*, i.e. Primordial matter-stuff.

EVOLUTION OF TANMĀTRĀS (QUANTAS OF ENERGY)

The next step of evolution is bifurcation of this indeterminate stuff into Subject-series and Object-series. This process involves the manifestation of Ego or *Ahaṅkāra*. Predominance of *sattva* as well as *rajas* leads to the manifestation of Subject-series and the predominance of *rajas* as well as *tamas* results in the manifestation of Object-series. The Subject-series at a subsequent stage of evolution gets differentiated into *Indriyas* (sensory and motor stuff) and *Manas* or the mind stuff. The Object-series gives rise to the evolution of the *Tanmātrās* or *Sūkṣma bhūtas* which are determinate matter-stuff. These are the precursor agents for the evolution of atoms.

The *guṇas* or Real, no doubt, assume infinite diversity of forms and powers, but they can neither be created nor destroyed. If the totality of the manifested as well as the unmanifested and the potential as well as the latent are taken into account, the mass (*tamas*), energy (*rajas*) and consciousness (*sattva*) remain constant. These are subject to addition and subtraction, growth and decay only because of changes of collection and attainment of subsequent stage from the state of potential to the state of actual. In the course of evolution, these Reals conform to the natural law not only in the area of succession but also as regards to the appearance. The transformation in the process of cosmic evolution is constantly

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going on and it is not arrested even for a moment.

To explain the above mentioned phenomenon further, water remains still in a pond or water reservoir. If the boundary wall of this water reservoir is broken, then the water, on its own, moves to the field at a lower level without anybody's effort. It continues to irrigate fields at a lower level provided water of the reservoir is at a high level. It is the *Puruṣa* or the absolute, who is responsible for removing the obstruction and there His job ends, and the cosmic evolution continues.

EVOLUTION OF MATTER

As has been discussed above, because of predominance of *tamas* and *rajas*, the evolution of the object-series takes place. Before this, the *Prakṛti* in its successive stage of evolution upto the stage of *Ahaṅkāra* (Ego) is absolutely homogenous and inert, and it is devoid of all physical and chemical characters except mass. This can neither be added nor subtracted, and this is neither created nor destroyed. During the subsequent step, however, transformations take place and the *tanmātrās* representing quanta of energy having attributes like penetrability (including vibrations), impact, radiation including heat, viscousity and cohesiveness are created. In intimate relation to these physical characters, these *tanmatras* also possess the potentials of energy represented by sound, touch, colour, taste and smell. These potentials arise from the unequal distribution of the *tamas* or original mass units in different proportions and collocations because of an unequal distribution of the *rajas* or original energy. But being subtle matter, these are devoid of peculiar forms which these potentials assume at a later stage of gross matter like *Mahābhūtas* or atoms and molecules.

These *tanmātrās* are infra-atomic particles charged with specific potential energy, as has been discussed above. At a subsequent stage of evolution, the potential of sound-stimulus is lodged in one class of particles or *tanmātrās* possessing the physical energy of vibrations. They serve to form the radicle of *Ākāśa paramāṇu*. Then the potential of tactile stimulus lodged in another class of particles which possess the physical energy of impact or mechanical pressure in addition to that of vibration serves to form the radicle of *Vāyu paramāṇu*. In the third stage, the class of *tanmātrās* having the potential of colour stimulus and charged with the energy of radiation (heat and light) in addition to those of impact and vibration serve to form the radicle of *Tejas paramāṇu*. During the fourth

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stage, *tanmātrās* having taste stimulus and possessed with the energy of viscousity in addition to those of radiation, impact and vibration develop into the radicle of *Ap paramāṇu*. Lastly, the class of *tanmātrās* with the potential of smell stimulus and charged with the energy of cohesiveness in addition to those of viscousity, radiation, impact and vibration serve to form the radicle of *Pṛthvī paramāṇu*.

There are diverse views about the process of creation of these *paramāṇus* from *tanmātrās*, but what has been stated above represent the Ayurvedic concept according to which the concepts of drug composition and drug action are explained.

EVOLUTION OF MAHĀBHŪTAS

The concept that is directly relevant to Ayurvedic materia medica or *dravya guṇa* is the evolution of *mahābhūtas* from the *tanmātrās* and *paramāṇus*, because it is these *mahābhūtas*, which, in gross form, constitute drugs. Aggregates of *paramāṇus*, keeping in view their structure, may be divided into two categories, namely, (1) those in which the parts are in intimate union or fusion being lost in the whole, and (2) the mechanical aggregates or collocations of distinct and independent parts.

The former can be divided into two sub-categories, viz. (1) the *bhūtas* and their isomeric modifications, and (2) chemical compounds. These chemical compounds (the latter group) may again be divided into two classes, viz. (1) those composed of atoms of the same *bhūta*, and (2) those composed of atoms of different *bhūta* classes. The first kind leads to intimate union in which the isomeric atoms are attracted towards each other by a peculiar nature of energy and the second kind of contact between heterogeneous *bhūtas* begins with the liberation of energy which breaks up each of the *bhūtas* and taking particles of one as nucleus or radicle, group particles of the remaining *paramāṇus* around these radicles in a comparatively free and unattached condition. In this case, the molecule or *bhūta paramāṇu*, which forms the radicle, becomes the material cause even if it is not predominant in the compound, and the remaining *paramāṇus*, which by their collocation, give rise to the liberation of energy, are called the efficient causes. In addition to this transformation of the substance by isomeric or heterogeneous process, a number of other changes take place in the character, the modality and the states of substances due to unequal distribution of the force among the *guṇas* which are in themselves constant.

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These *bhūtas*, which are also called *sūkṣma bhūtas*, then combine in different proportions with the radicle as its material cause and other *bhūtas* as efficient cause to form *mahābhūtas*. Atoms and for that matter *sūkṣma bhūtas* cannot exist in this phenomenal universe in an uncombined form. Two of these *aṇus* (*paramāṇus*) combine to form a molecule which is called *dvyaṇuka*. Three of these *dvyaṇukas* combine to form a *tryaṇuka*. In this way, bigger and bigger *mahābhautika* molecules are formed. This process of combination of *paramāṇus* is the result of *parispanda*, i.e. rotary or vibratory motion which is inherent in these *aṇus*.

Except *ākāśa*, all other *tanmātrās* have attributes of the previous ones in the subsequent ones. It is not possible to find in the phenomenal manifested world, *bhūtas* in pure form. What we find is actually a mixture of all the five *bhūtas*. The predominant one with manifested or unmanifested attributes form the radicle and the remaining four form the subsidiary ingredients. This process is called *pañcīkaraṇa* or the quintuplication.

Ayurveda believes that the *brahmāṇḍa* (universe or macrocosm) is represented in the *piṇḍa* (body or microcosm). By implication, the body is nothing but a replica of the universe. These five *mahābhūtas* of the universe are, no doubt, present in the drugs and the body in various forms, but their perception takes place by five senses, namely, auditory (ears), tactile (skin), visual (eyes), gustatory (tongue) and olfactory (nose).

In the above mentioned paragraphs, we have discussed about the ancient Indian concept regarding the creation of the universe and the manifestation of the matter. This forms the basis of Ayurveda and these concepts are applied to the theories of drug-composition, drug-action, composition of the body, manifestation of the diseases and the treatment of these diseases with the help of selected drugs, diet, drinks, regimens and other therapies. In the manifested world, it is just not possible to find any matter, which is exclusively composed of a single *mahābhūta*. Everything that we see in this phenomenal world is composed of all the *mahābhūtas*. Amongst them, one *mahābhūta* may be present predominantly, because of which we call a substance *pārthiva* or *āpya* or *taijasa* or *vāyavīya* or *ākāśīya*. Before proceeding further, we should remember that each of these five groups of material contains in them other *mahābhūtas* in different proportions. The body of living beings is similarly composed of five *mahābhūtas*. During the process of living (life), these *mahābhūtas* either increase in quantity or get reduced.

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This increase or decrease of *mahābhūtas* in the body results in diseases, and bringing them to their normal state, i.e. by increasing the reduced ones and by reducing the increased ones, the homoeostasis is maintained and this is called health. For this purpose, drugs, diet, drinks and therapies are to be selected. Since it is very difficult to ascertain the exact *mahābhautika* composition of any ingredient, it becomes equally difficult to ascertain the exact requirement of the body. To facilitate this selection of drugs, various methods are described in Ayurveda and it should be made clear that all these methods or concepts are based upon the *Pañca mahābhautika* theory described above.

RASA OR TASTE OF A DRUG

Drugs are classified into six categories depending upon their *rasa* or taste, namely, *madhura* or sweet, *amla* or sour, *lavaṇa* or saline, *kaṭu* or pungent, *tikta* or bitter and *kaṣāya* or astringent. All these tastes are perceived by the gustatory sense organ, i.e. the tongue. The description of tastes, according to modern science, is slightly different from what is described in Ayurveda. In modern science, astringent and pungent, these two are not treated as tastes, because there is no specific taste bud in the tongue, which is responsible for their perception. These two tastes, according to modern science, are just reactions of the mucus membrane over the tongue to the contact of the drug. To explain it, if a drug causes irritation to the skin or mucus membrane, it is commonly known as pungent and if a drug causes squeezing of the cells of the mucus membrane, then it is called astringent. Thus, according to modern science, these two tastes are only reactions of the cells in the skin or mucus membrane, and are not tastes as such. Ayurveda, on the other hand, clearly emphasises that all these six are independent tastes.

According to Ayurveda, the entire universe (macrocosm) is represented in the individual's body (microcosm). There are six different seasons in the macrocosm, which are represented in the body in the form of six taste-perceptions. In some places, these seasonal changes may be well manifested and in some other geographic regions they may not. This does not make any substantial change in the concept of tastes of Ayurveda, because, if we refer to the concept of seasonal classification of the year, it is manifested more or less in all the places of the world.

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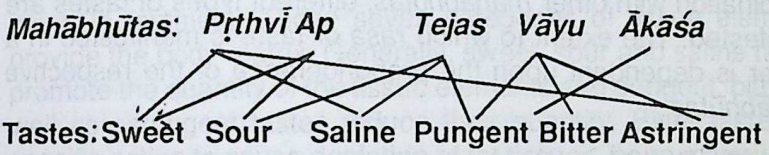
Different *mahābhūtas*, responsible for the manifestation of different tastes, are as follows:

	Taste	Mahābhautika Composition
(1)	Sweet	*Pṛthvī* and *Ap*
(2)	Sour	*Ap and Tejas*
(3)	Saline	*Pṛthvī and Tejas*
(4)	Pungent	*Vāyu* and *Tejas*
(5)	Bitter	*Vāyu* and *Ākāśa*
(6)	Astringent	*Vāyu* and *Pṛthvī*

The above mentioned table can be graphically presented as below:



As has been described before, tastes are perceived by the reaction of ingredients over the tongue. Some of the ingredients of drug and diet do not practically produce the same taste (as described in text) in the tongue, when used. This gives rise to some confusion. This is largely caused because of the morbidity that has affected the mucus membrane of the tongue of the individual. We take several hot drinks, like tea and coffee, cold drinks, alcoholic drinks, hot spices and even drugs, which affect the power of taste perception of the tongue. If the tongue is healthy, it will be able to perceive all the tastes clearly. Further, these tastes are described in Ayurvedic texts, with reference to certain part of the drug collected in a particular manner and used in particular condition. When we get a drug from the market, the above mentioned criteria are not satisfied. Therefore, there is likely to be a misleading taste perception. Nonetheless, these medicines do work according to the tastes decribed in Ayurvedic works on Materia Medica.

It is not necessary that the drug should have only one taste. There may be more than one tastes manifested in a drug, because of the particular way of combination of *mahābhūtas* in it. For example, *harītaki* (*Terminalia chebula*) has five tastes manifested in it. These are sweet, sour, pungent, bitter and astringent. It is free

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from saline taste. Similarly, *rasona* (garlic) has five tastes, namely, sweet, saline, pungent, bitter and astringent, and it is free from sour taste.

Subridiary Tastes

Apart from manifested tastes, some of these drugs may also have tastes which are not well manifested. In Ayurvedic parlance, these are called *anurasas* (subsidiary tastes). These subsidiary tastes also help in the determination of the therapeutic value of drugs. They are to be kept in view while selecting a recipe for the treatment of a disease. These subsidiary tastes are perceived only after the perception of the main taste.

Mahābhautika Relationship

Rasa or taste is primarily the attribute of *ap mahābhūta*. In combination with other *mahābhūtas*, different types of tastes are manifested. The extent to which *rasa* or taste is manifested in a matter is dependent upon the preponderance of the respective *mahābhūtas*.

Classification

Depending upon their action upon the body, the six tastes are classified into two categories, namely, *āgneya* or heat producing and *saumya* or producing cooling effect on the body. The former promotes metabolic activities and the latter anabolic activities in the body. Pungent, sour and saline tastes belong to the former category, while sweet, bitter and astringent belong to the latter category. From the point of view of *mahābhautika* composition, pungent, sour and saline tastes have *tejas mahābhūta* as the primary component, because of which they produce *āgneya* or heat ng effect on the body. The other three tastes, namely, sweet, bitter and astringent are free from *tejas mahābhūta*, because of wh ch they produce cooling effect on the body.

Tastes and their Actions on the Doṣas of the Body

It is out of scope of the present work to give a detailed description of the doṣas. To speak in brief, the three *doṣas* are *vāyu*, *pitta* and *kapha*. These three *doṣas* regulate all the physiological functions of the body. *Vāyu* is responsible for all the movements in the body and perceptions of the sense organs. *Pitta* is responsible for all metabolic activities. *Kapha* provides the cohesive force to the

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tissues and their cells and it causes lubrication of various joints in the body to facilitate their proper movement.

Sweet, sour and saline tastes cause promotion of *kapha* and alleviation of *vāyu*. On the other hand, pungent, bitter and astringent tastes aggravate *vāyu* and cause alleviation of *kapha*. *Pitta* gets aggravated by pungent, sour and saline tastes and gets alleviated by sweet, bitter and astringent tastes. This has to be kept in view while selecting a medicine for a disease.

Tastes and their Actions on Tissue Elements

Tissue elements or *dhātus*, as they are known in ayurvedic parlance, are of seven categories, namely, *rasa* (plasma and lymph), *rakta* (haemoglobin fraction of the red blood cells in the blood), *māṃsa* (muscle tissue), *medas* (fat), *asthi* (bones and cartilages), *majjā* (bone marrow) and *śukra* (sperm in males and ovum in females). These seven categories of tissue elements provide the body matrix. Generally, sweet, sour and saline tastes promote the quantity of the tissue elements and pungent, bitter as well as astringent tastes reduce their quantity. Bitter taste has specific action to cause depletion of fat tissues, bone marrow and lymph. Saline taste produces slothness of the body.

Tastes and their Actions on Waste Products

During the process of metabolism, several waste products come out. These are called *mala* in Ayurveda. These are primarily three in number, namely, stool, urine and sweat. Sweet, sour and saline tastes promote elimination of these waste products, whereas pungent, bitter and astringent tastes cause their retention in the body. To maintain health, it is necessary that the waste products, once formed, should be properly eliminated for which sweet, sour and saline tastes are useful. But, in certain diseases, like diarrhoea drugs having astringent taste are beneficial.

Attributes of Tastes

In addition to the general characteristics of different tastes given above, each of them has specific attributes, which are as follows :

Sweet Taste : It causes softening of the body, promotion of brain activities, healing of ulcers, beneficial for reducing burning sensation, thirst and it is useful for the diseases of heart, throat, skin and hair. Drugs having this taste are generally used in the case of

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general debility and for rejuvenation of the body.

Sour Taste: It promotes salivation, appetite and digestion. It is, therefore, used in patients suffering from dyspepsia, indigestion and anorexia.

Saline Taste: It causes moistening and promotes digestion, appetite and expectoration. It is, therefore, useful in indigestion, dyspepsia and cough.

Pungent Taste: It stimulates digestive system, nervous system, cleans mouth and kills intestinal parasites. It is, therefore, used in case of indigestion, dyspepsia, dysentery, sprue, obesity, diabetes, cough, asthma and parasitic infestation.

Bitter Taste: It is anthelmintic, blood purifier and anti-pyretic. Therefore, it is useful in parasitic infestation, skin diseases, fever, obesity, diabetes, ulcers and pus formation in the body.

Astringent Taste: It causes healing and is anti-diuretic. It is, therefore, useful in diarrhoea, haemorrhage and wounds.

After this general survey of the effects of different types of tastes, it is, perhaps, necessary to point out that the food of an individual should be primarily of sweet taste, but ingredients having all the remaining five tastes, nemely, sour, saline, pungent, bitter and the astringent should be taken by an individual to keep himself healthy. Knowingly or unknowingly, this has become a tradition in the habits of food intake among different types of people. This may, however, vary depending upon the geographical variations and seasonal changes in different parts of the world. But, when used in excess quantity, these tastes produce certain adverse effects on the body which are as follows:

Sweet Taste : If used in excess, it causes fatness, heaviness, loss of appetite, cough, asthma, digestive disorders, fever, hoarseness of voice, goitre, lymphadenitis, tumours and conjunctivitis.

Sour Taste: If used in excess, it causes thirst, laxity of muscles, inflammation and burning sensation.

Saline Taste: : If taken in excess, it causes thirst, fever, skin diseases, ascites, impotency, impairment of sense organs, premature greying of hair, falling of hair, gastritis and skin diseases.

Pungent Taste: If consumed in excess, it causes impotency, debility, emaciation, burning sensation, thirst, trembling and neurotic pains.

Bitter Taste: If consumed in excess, it causes emaciation, roughness, weakness, depression and dryness in the body.

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Astringent Taste: If consumed in excess, it causes heart diseases, flatulence, hoarseness of voice, constipation, impotency, weakness, emaciation and stiffness of the body.

Drugs and Diet

It will not be out of place to mention here that drugs and ingredients of diet, all of them have tastes. But from therapeutic angle, different categories of food ingredients primarily work on the basis of their tastes, whereas in drugs, *vīrya* (potency), plays predominant role and determines the effect. Though secondary in nature, the role of tastes in determining the therapeutic utility of a drug needs no emphasis.

About the *vīrya* or the potency of drugs, we shall refer to it a little later.

GUṆAS OR ATTRIBUTES

In addition to *rasa* or taste, drugs including ingredients of food and drinks, have some *guṇas* or attributes, through which they act on the body of living beings. In different contexts, Ayurvedic classics have described these drugs in different ways from the point of view of therapeutic attributes. The following attributes are relevant and important. These are classified into ten groups, each group having two opposite attributes :

(1)	*Guru* (Heaviness)	(2)	*Laghu* (Lightness)
(3)	*Manda* (Politeness)	(4)	*Tīkṣṇa* (Sharpness)
(5)	*Śīta* (Cooling)	(6)	*Uṣṇa* (Heating)
(7)	*Snigdha* (Unctuousness)	(8)	*Rūkṣa* (ununctuousness)
(9)	*Ślakṣṇa* (Smoothness)	(10)	*Khara* (Roughness)
(11)	*Sāndra* (Density)	(12)	*Drava* (Liquidity)
(13)	*Mṛdu* (Softness)	(14)	*Kaṭhina* (Hardness)
(15)	*Sthira* (Stability)	(16)	*Sara* (Mobility)
(17)	*Sūkṣma* (Subtleness)	(18)	*Sthūla* (Grossness)
(19)	*Viśada* (Non-sliminess)	(20)	*Picchila* (Sliminess)

When looked superficially, these *guṇas* or attributes appear to be physical in nature, but in the context of Ayurveda, they denote the effect, the drug produce on the body. By implication, these are pharmacological properties of a drug. For example, a substance may be heavy in weight, but, when taken internally, it may get

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digested easily and quickly. This substance will be designated as having *laghu guṇa* and not *guru guṇa*. Similar explanations can be provided in respect of all the other attributes described above.

These attributes are manifested in a drug depending upon the nature of the *mahābhautika* composition of the molecules contained in it. A substance, having predominantly *pṛthvī mahābhūta* in its composition, will be *guru* (heavy), provided this *mahābhūta* is in a well manifested form in the substance. Since it will be difficult for a common physician to ascertain the exact nature of *mahābhautika* composition of a substance (drug, diet or drink), different approach points have been provided in Ayurvedic texts to determine their effects on the body of the living beings. *Rasa* (taste) is one such approach point and *guṇa* (attribute) is another. These guṇas or attributes can be inferred from the effect of a drug produces on the body. Centuries of experience by reputed scholars have made them to identify these *guṇas* of drugs andthese are described in respect of each drug in Ayurvedic works on materia medica. Each of the *rasas* (tastes) has its specific attributes, but the final attributes of a drug cannot be determined from the *rasa* alone. If these attributes are manifested, in accordance with the rasa of a drug, then these are generally not mentioned in Ayurvedic texts. If an attribute is prominently manifested (even if it is in accordance with the *rasa*) or if a new attribute is manifested (which is contrary to the normal property of *rasas*), only then these are described in texts of Ayurvedic materia medica. Appearance of dis-similar attributes, in ayurvedic parlance is called *vicitra-pratyayārabdha*.

VĪRYA OR POTENCY

As has been mentioned before, ingredients of food and drinks are dominated by *rasa* or taste, and drugs have *vīrya* or potency predominantly. It is because of this potency that drugs ultimately produce their therapeutic efficacy for the promotion and preservation of positive health and prevention as well as cure of diseases.

In Ayurvedic texts, this potency of the drugs to act on the body is described differently. Instead of going into details of various modes of approach to this potency by different ayurvedic classics, we shall confine our description to the most popular concepts of Ayurveda in this connection. According to this, there are two types of *vīrya* or potency, namely, *uṣṇa* (hot) and *śīta* (cold). When a drug or ingredient of diet is ingested, it undergoes metabolic transformation because of the action of *agnis* (enzymes). These *agnis* are of

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seven categories, namely, *jāṭharāgni* (enzymes located in the gastro-intestinal tract), five *bhūta agnis*(enzymes which convert heterologous ingredients into homologous ones) and seven *dhātu agnis* (enzymes which are responsible for the synthesis of tissue elements from the end-product of food).

The mode of action of these *agnis* or enzymes is detailed in *vaiśeṣika* philosophy, for details of which a reference may be made to "Alchemy and Metallic Medicines in Ayurveda" by this author. When these enzymes react upon the ingredients of food and drugs, *mahābhautika* composition of the latter ones undergoes change and this gives rise to a new form of *mahābhautika* conglomeration to react upon the *doṣas* and *dhātus* (brief description of these terms is already given before).

The *mahābhautika* composition of different categories of *rasas* (tastes) is already furnished above. Such of the *rasas*, as are dominated by *agni mahābhūta*, namely, sour, saline and pungent, normally produce heating effect and they are considered to possess *uṣṇa vīrya*. The remaining three *rasas* (tastes), namely, sweet, bitter and astringent, which are deprived of *agni mahābhūta* are of *śīta vīrya* and they produce cooling effect on the body. Drugs, having *uṣṇa vīrya*, promote catabolism and those having *śīta vīrya* promote the process of anabolism. Thus, the former group of drugs causes depletion of tissue elements, whereas the latter one increases the quantity to tissue elements.

The following table provides, in brief, the effects of these two categories of potencies:

Potency	***Effect on Doṣas***	***General Effect on the Body***
Uṣṇa vīrya (hot potency)	Alleviates *kapha* and *vāyu* and aggravates *pitta*	Produces heating effect in the body,promotes digestion, causes sweating, thirst and emaciation.
Śīta vīrya (cooling potency)	Alleviates *pitta* and aggravates *vāyu* as well as *kapha*	Produces cooling and moistening effects Promotes life, increases tissue

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elements, especially the semen, produces tonic effect and causes revitalisation of the body.

Since these potencies are determined by the *rasas* of the drugs and ingredients of diet, then the natural question arises as to what is the need for describing them separately as an independent entity in the materia medica works of Ayurveda. What has been described above, is only the general consequence, which, in ayurvedic parlance, is called *sāmānya pratyayārabdha*. There are several exceptions to this rule. Because of the action of enzymes, the drugs undergo chemical as well as physical changes giving rise to a different type of conglomeration of atoms in the molecules of drugs and ingredients of food. Thus, at the level of potency, altogether different properties are likely to be manifested. This, in ayurvedic parlance, is called *vicitra pratyayārabdha*. If the potency is in accordance with the general rule prescribed above, (*sāmānya pratayārabdha*), then such descriptions in ayurvedic works on materia medica are generally omitted. But, if, because of enzymatic actions and resultant chemical changes, a new form of potency developes, then this is pointed out in ayurvedic texts while describing a drug. Sometimes, the potency may be in commensurate with the nature of the taste of the drug, but it is manifested in a more potent form after chemical reactions. Therefore, such potencies, though belonging to the category of *sāmānya pratyayārabdha*, are also pointed out in ayuredic works on materia medica.

TASTE AND POTENCY

In brief, the taste of a drug or ingredient of food can be ascertained and its work is manifested immediately after the ingredient comes in contact with the gustatory sense organ, i.e. the tongue. But the potency can be determined and its action is manifested in both the ways, i.e. immediately after the drug comes into contact with the tongue and also after the chemical changes it undergoes, because of its reaction with the *agnis* or enzymes.

VIPĀKA

Like *vīrya* or potency, the *vipāka* of a drug or ingredient of food is described in different ways in different ayurvedic texts. But the generally accepted view is that *vipāka* is of three types, namely,

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madhura (sweet), *amla* (sour) and *kaṭu* (pungent). This is also known as *niṣṭhāpāka* and it is different from *avasthāpāka* (stages of digestion). The latter pertains to the changes food undergo in the gastro-intestinal tract after ingestion and during the process of digestion. (This will not be described here, because it is not directly relevant to the topic). The ultimate taste of a drug, which emerges after the ingredients are reacted upon by the *agnis*, is called *vipāka*.

The following table generally indicates the *vipāka* of drugs having different tastes:

Rasa (Taste)	***Vipāka or the taste that emerges after digestion***
1. *Madhura* (Sweet)	*Madhura* (Sweet)
2. *Amla* (Sour)	*Amla* (Sour)
3. *Lavaṇa* (Saline)	*Madhura* (Sweet)
4. *Kaṭu* (Pungent)	*Kaṭu* (Pungent)
5. *Tikta* (Bitter)	*Kaṭu* (Pungent)
6. *Kaṣāya* (Astringent)	*Kaṭu* (Pungent)

From the above table, it will be seen that drugs, having pungent, bitter and astringent tastes, in ultimate analysis become pungent in *vipāka*; those having sweet and saline tastes become sweet in *vipāka* and those having sour taste become sour in *vipāka*.

The *rasa* (taste) of a drug can be ascertained by the tongue, but *vipāka*, though a form of taste, cannot be ascertained by direct perception. It can only be ascertained by inference depending upon the action of the drug on the body.

The following table shows the actions of different types of *vipāka*:

Vipāka	**Actions**
1. *Madhura* (Sweet)	It is unctuous and heavy. It aggravates *kapha*, promotes tissues in general and semen in particular and works as a laxative as well as diuretic.
2. *Amla* (Sour)	It is unctuous and light. It aggravates *pitta*, reduces tissue elements and works as laxative and diuretic.

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3.	*Kaṭu* (Pungent)	It is ununctuous and light. It aggravates *vāyu* and causes depletion of tissue elements, and it is constipative.

Since *vipākas* are described above to be based on the taste of the drugs or ingredients of food, then the question arises as to what is the necessity of describing them as a separate category specifically. The answer to this query is as follows. What is described above is only a general statement and there are several exceptions to this rule. Because of reactions with enzymes, the taste of a drug or ingredient of food might undergo change and such dis-similar *vipākas* (in ayurvedic parlance called *vicitra pratyayārabdha*) are required to be pointed out. Even if a *vipāka* is similar to the taste of the drug, this may emerge to be more potent after chemical reactions. Therefore, such *vipākas* are described in ayurvedic works on materia medica.

KARMA (GENERAL ACTION)

Rasa (taste), *guṇa* (attributes), *vīrya* (potency) and *vipāka* (the taste that emerges after digestion)– they describe the physical and chemical characteristics of the drug. They also indicate the physical and chemical changes, the drug or the ingredient of the diet undergo because of the action of *agnis* (enzymes) in the gastro-intestinal tract, in liver and in tissues. Thereafter, it produces two different types of action, namely, general action which is called *karma* and specific action which is called *prabhāva*. The action which is manifested in accordance with *rasa* (taste), *guṇa* (attributes), *vīrya* (potency) and *vipāka* (the taste that emerges after digestion) is called *karma* (general action). (*Prabhāva* or specific action will be described later).

Drugs and ingredients of diet possess several types of *karma* (general action) in the body. Important ones are described below in brief with reference to drugs possessing such actions.

1. *Vamana dravya*:

These are emetic drugs and dominated by *vāyu* and *agni mahābhūtas*. By nature, they have tendency to move upwards, and they help in the elimination of *apakva* (undigested) *kapha*, *pitta*, etc.

2. *Virecana dravya*:

These are purgative drugs and are dominated by *pṛthvī* as well as *jala mahābhūtas*. By nature, they have tendency to move

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downwards. They help in the elimination of both *pakva* (digested) and *apakva* (undigested) excreta after dissolving them.

3. *Saṅgrāhi dravya*:

A drug which as a result of its heating nature works as *dīpana* (digestive stimulant) and *pācana* (carminative) and which simultaneously causes constipation is called *grāhi* or *saṅgrāhi.* This type of drug is dominated by *vāyu mahābhūta.*

4. *Bṛṃhaṇa dravya*:

These are nourishing drugs, and are dominated by *jala mahābhūta.*

5. *Śamana dravya*:

These drugs help in the alleviation of *doṣas*, and are generally, dominated by *ākāśa mahābhūta.*

6. *Dīpana dravya*:

They stimulate the power of digestion, and cause *pāka* (digestion) of *āma* (undigested or improperly metabolised product of food). They are dominated by *agni mahābhūta.*

7. *Balya dravya*:

They promote strength and are dominated by *pṛthvī mahābhūta.*

8. *Pācana dravya:*

These drugs help in the *pāka* (digestion) of *āma* (product of undigested food and improper metabolism). These are not necessarily digestive stimulants.

9. *Anulomana dravya*:

The drug which causes downward movement of *vāyu* is called *anulomana dravya.*

10. *Sraṃsana dravya*:

The drug which eliminates the excreta that is *pakva* (digested) after disintegrating their solid state is called *sramsana dravya.*

11. *Bhedana dravya*:

The drug which eliminates both the solid and disintegrated excreta through the downward tract is called *bhedana dravya.*

12. *Chedana dravya*:

The drug which by force, uproots the adhered *doṣas* is called *chedana dravya.*

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13. *Stambhana dravya*:

The drug which is light for digestion, and which because of its astringent taste causes constipation is called *stambhana dravya*.

14. *Rasāyana dravya*:

The drug which destroys the process of aging as well as diseases is called *rasāyana dravya*.

15. *Vājīkaraṇa dravya*:

The drug which causes excitement and passionate sex desire is called *vājīkaraṇa dravya*.

16. *Śukrala dravya*:

The drug which increases the quantity of semen is called *śukrala dravya*. Some of these drugs stimulate the ejaculation of the semen, and some others help in the production of more semen.

17. *Sūkṣma dravya*:

The drug which has the ability to enter through the thin and subtle channels of the body is called *sūkṣma dravya*.

18. *Vyavāyī dravya* :

The drug which pervades the entire body before getting digested is called *vyavāyī dravya*.

19. *Vikāśī dravya* :

The drug which loosens the ligaments of the joints, which causes slackness of the hands and legs is called *vikāśī dravya*.

20. *Madakārī dravya* :

The drug which is intoxicating and which is effective in destroying the wisdom is called *madakārī dravya*.

21. *Pramāthī dravya* :

The drug which by its own potency eliminates the *doṣas* located in the channels of circulation is called *pramāthī dravya*.

22. *Abhiṣyandī dravya* :

The drug which because of its heaviness and ununctuousness obstructs the channels of circulation carrying *rasa* (plasma), and which produces heaviness in the body is called *abhiṣyandī dravya*.

23. *Yogavāhī dravya* :

The drug which when added to another drug enhances the effect of the latter is called *yogavāhī dravya*.

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24. *Sandhāna dravya*:

The drug which promotes the union of broken bones is called *sandhāna dravya.*

25. *Kaṇṭhya dravya*:

A drug which is soothing to the throat, and which helps in the promotion of its activities is called *kaṇṭhya dravya.*

26. *Varṇya dravya*:

A drug which promotes complexion is called *varṇya dravya.*

27. *Hṛdya dravya*:

A drug which produces tonic effect on the heart is called *hṛdya dravya.*

28. *Viṣaghna dravya*:

A drug which counter-acts the adverse effects of toxins is called *viṣaghna dravya.*

29. *Stanya dravya*:

A drug which promotes the quantity of lactation is called *stanya dravya.*

30. *Cakṣuṣya dravya*:

A drug which promotes eyesight is called *cakṣuṣya dravya.*

For proper understanding of the drug-action, it is necessary for a scholar to be well acquainted with these technical terms which are frequently used in ayurvedic works on materia medica.

PRABHĀVA (SPECIFIC ACTION)

The conglomeration of molecules and their manifestation of effects in a drug or ingredient of food and drinks, as has been explained before, is difficult of comprehension ordinarily. Sometimes a drug, having a particular taste, attribute, potency and *vipāka* (taste that emerges after digestion) produces an entirely different type of action, when administered to living beings. This is, because of the action of the enzymes (*agnis*) upon the *mahābhautika* molecules, which compose the substance. Because of this reaction at the final stage, a new conglomeration of molecules takes places, which produces this specific action. This in Ayurvedic parlance is called *prabhāva*. A classical example of this *prabhāva* is provided, while comparing the effects of *dantī* (*Baliospermum montanum)* and *citraka* (*Plumbago zeylanicum*). Both these drugs are similar in

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rasa (taste), *guṇa* (or attribute), *vīrya* (potency) and *vipāka* (taste that emerges after digestion).But in actual effect, the former is a drastic purgative, while the latter is not.

ĀMAYIKA PRAYOGA (THERAPEUTIC INDICATIONS)

Drugs on the basis of their *rasa* (taste), *guṇa* (attributes), *vīrya* (potency), *vipāka* (the taste that emerges after the digestion), *karma* (general action) and *prabhāva* (specific action) act either for the preservation and promotion of positive health or for the prevention and cure of diseases. Diseases are of several types. Some of them are provided with a title (name) in ayurvedic texts and for some others, no such names are available. The physician is supposed to diagnose them on the basis of the *doṣas* (namely, *vāyu*, *pitta* and *kapha*) and *dhātus* (tissue elements) involved in the pathogenesis of the disease. Being out of scope, nature of *doṣas* and *dhātus*, and the method of examination of the patient as well as disease are not described here. For this purpose, one has to refer to any of the ayurvedic classics.

Ayurvedic drugs are not just used empirically. The rationality of the action of ayurvedic drugs *vis a vis* their therapeutic indications are difficult of comprehension by an ordinary physician. Therefore, in ayurvedic texts on materia medica, various methods are described in the way of *rasa* (taste), etc. to facilitate easy comprehension by an ordinary physician. In each step, however, the physician should be able to use his own judgement and wisdom before attempting medical aid for the preservation as well as promotion of positive health and prevention as well as cure of the diseases.

Drugs, ingredients of diet and drinks and other regimens included in *Madanapāla nighaṇṭu* are explained keeping in view various points described in this introduction.

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INDO-ROMANIC EQUIVALENTS OF DEVANĀGARI

अ	a	ढ	ḍha
आ	ā	ण	ṇa
इ	i	त	ta
ई	ī	थ	tha
उ	u	द	da
ऊ	ū	ध	dha
ऋ	ṛ	न	na
ए	e	प	pa
ऐ	ai	फ	pha
ओ	o	ब	ba
औ	au	भ	bha
अं	ṁ/ṃ	म	ma
अः	ḥ	य	ya
		र	ra
क	ka	ल	la
ख	kha	व	va
ग	ga	श	śa
घ	gha	ष	ṣa
ङ	ṅa	स	sa
च	ca	ह	ha
छ	cha		
ज	ja		
झ	jha		
ञ	ña		
ट	ṭa		
ठ	ṭha		
ड	ḍa		

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1. Numbers given in square brackets indicate Chapter and verse numbers.
2. The name of medicinal plant or drug includes both its synonyms as well as properties.

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VI. Phala Varga (Fruits) *pp-265-315*

Invocation [VI.1], *Drākṣā* [VI.2-5], Ripe, Unripe, Dry and Sour *Āmra* [VI.6-11], *Jambū, Rāja-jambū & Kṣudra-jambū* [VI.12-13], *Nārikela* [VI.14-16], *Kharjūrikā* & Its Varieties [VI.17-20], *Śilemānī Kharjūra* [VI.21], *Kadalī* [VI.22-24], *Dāḍimī* [VI.25-26], *Kataka* [VI.27], *Badarī* & Its Varieties *(Sauvīraka, Badara, Kola & Karkandhu)* [VI.28-33], *Kṣīrī* [VI.34-35], *Cāra* [VI.36-37], *Parūṣaka* [VI.38-39], *Tinduka* [VI.40-42], *Kiṅkiṇī* [VI. 43-44], *Āruka* [VI.45], *Madhūka* [VI.46-48], *Panasa* [VI. 49-50], *Lakuca* [VI. 51-52], *Tāla* [VI.53-55], *Kharbūja* [VI. 56-58], *Seva* [VI. 59-61], *Amṛtaphala Nāsapātī* [VI. 62-64], *Peruka* (*Amarūda*) [VI.65], *Bādāma* [VI. 66], *Pistā & Nikocaka* [VI.67-68], *Elāphala* [VI.69], *Ālubukhārā* [VI.70], *Añjīra* [VI.71-72], *Ākṣoṭa* [VI.73], *Pālevata* (*Pālo*) [VI.74-75], *Tūta* [VI.76], *Gaṅgeruka & Todana* [VI.77-78], *Tuvara & Tumbara Vṛkṣa* [VI. 79-80], *Bījapūra* [VI.81-85], *Madhukarkāṭi* [VI.86-87], *Nāraṅgī* [VI. 88-89], *Jambhīra* [VI. 90-91], *Amlavetasa* [VI.92-93], *Sārāmla* [VI.94], *Nimbu* [VI.95-96], *Karmaraṅga* [VI.97], *Amlī* [VI.98-99], *Tintiḍī* [VI. 100-101], *Karamardī* [VI. 102-103], *Vikaṅkata* (*Kaṇḍyāī*) [1-2], *Kapittha* [VI.104-105], *Kapitthapatrī* [VI.106], *Āmrātaka* [VI.107-108], *Rājāmra* [VI.109], *Caturāmla & Pañcāmla* [VI.110], *Kośāmra* [VI.111-113], *Pūgīphala* [VI. 114-117], *Tāmbūla* [VI.118-121], *Lavalī* & Its Fruit [VI.122-123], Fruits in General [VI.124-126], Colophon [VI.127].

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VII. Śāka Varga (Vegetables) *pp-316-361*

Invocation [VII.1], Three Varieties of *Kūṣmāṇḍa*, namely, *Kūṣmāṇḍa*, *Karkkāru* & *Karkaṭa* [VII. 3-7], *Karkaṭī* [VII.8-9], *Kāliṅga* (*Tarbūja*) [VII.10-11], Sweet Variety of *Tumbī* [VII.12], Bitter Variety of *Tumbī* [VII.13], *Trapuṣa* [VII.14-16], *Cirbhaṭa* [VII.17-18], *Vāluka* [VII.19], *Śīrṇavṛnta* [VII.20], *Kośātakī* [VII.21-22], *Rājakośātakī* [VII.23], *Mahā Kośātakī* [VII. 24], *Vṛntākī* [VII. 25-26], *Śveta Vārttāku* [VII.27], *Bimbī* [VII.28-29], *Kāravella* [VII.30-31], *Karkoṭakī* [VII.32], *Vandhyā Karkoṭakī* [VII.33], *Ḍoḍikā* [VII.34], *Ḍiṇḍisa* [VII.35], *Kola Śimbī* [VII.36], *Śimbī* [VII.37], *Vāstuka* [VII.38-39], *Jīvantaka* [VII.40], Leafy Vegetables in General [VII.41], *Cillī* [VII. 42-43], *Kāla śāka* & *Cuñcu* [VII. 44-45], *Taṇḍulīya* [VII.46-47], *Phoga* [VII. 48], *Māriṣa* [VII. 49], *Paṭola* [VII.50-53], *Cañcuḍa* [VII.54], *Pālakyā* [VII. 55-56], *Potakī* [VII.57-59], *Loṇi* & *Kuṭīra* [VII.60-61], *Suṣeṇa* [VII.62], *Tilaparṇī* [VII.63], *Sūkṣmapatra* [VII.64], *Ṭuṇṭuka* [VII. 65], *Vallī* [VII. 66-67], *Śītavāra* & *Nāḍī* [VII. 68-69], *Sārṣapa* & *Kausumbha* [VII.70-71], *Caṇaka Śāka* & *Kalāya Śāka* [VII. 72], *Cāṅgerī* [VII. 73-74], *Kāsamarda* [VII.75], *Gṛñjana* [VII. 76], *Mūlaka* [VII.77-80], *Karīra* [VII.81-82], *Saubhāñjana* & *Madhuśigru* [VII.83-85], *Laśuna* & *Gṛñjana* (A Variety of *Laśuna*) [VII.86-89], *Palāṇḍu* [VII. 90-91], Two Varieties of *Sūraṇa* [VII.92-95], *Asthiśṛṅkhalikā* [VII.96-97], *Vārāhī* [VII.98-99], *Musalī* [VII. 100], *Kañcuka* [VII.101], *Bhūcchatra* (*Khumba*) [VII.102], *Sthūlakanda* & *Mānakanda* [VII.103-104], *Kaseru* & *Śṛṅgāṭa* [VII.105-106], *Ālu*, *Piṇḍālu* & *Madhvālu* [VII. 107-109], *Keyūra* [VII.110-111], Prohibitions [VII. 112], Colophon [VII. 113].

VIII. Pānīyādi Varga (Drinks) *pp-362-443*

Invocation [VIII. 1], *Pānīya* (Water) [VIII.2-3], Contra-indications of Cold Water [VIII.4-5], Four Varieties of Overground Water [VIII.6], Two Varieties of *Ākāśajala* [VIII.7], Test for *Gāṅga* Water [VIII.8], Properties of *Gāṅga* Water & *Sāmudra* Water [VIII.9], Properties of *Divya Jala* & *Bhauma Jala* [VIII.10-11], Attributes of Different Types of Water [VIII. 1/2 12], *Kaupa Jala* [VIII. 12 1/2], *Tāḍāga Jala* [VIII.1/2 13], *Vāpya Jala* [VIII.13 1/2], *Nairjhara jala* [VIII.1/2 14], *Hrāda Jala* [VIII.14 1/2], *Cauṇḍya Jala* [VIII.15], *Nādeya jala* [VIII.16], *Sārasa Jala* [VIII.1/2 17], *Kaidāra jala* [VIII.17 1/2], *Pālvala Jala* [VIII.18], *Tauṣāra Jala* [VIII.19], *Ākāśa Jala* [VIII.1/2 20], *Kāra Jala* [VIII.20 1/2], *Haima Jala* [VIII.1/2 21], *Candrakānta Jala* [VIII.21 1/2],

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Nārikela Jala [VIII.22], *Haṃsodaka* [VIII. 23-24], Water in Different Seasons [VIII.25-26], *Nadī Jala* [VIII.27-36], Sea-Water [VIII.37], Time for Collecting Water [VIII. 38], Time of Taking Water [VIII.39], Different Modes of Taking Water [VIII.40-44], *Ānūpa, Jāṅgala & Sādhāraṇa Jala* [VIII.45], Prohibited Water [VIII.46], Polluted Water [VIII.47-48], Method for Removing Pollution [VIII.49-50], Boiled Water [VIII.51], Hot Water [VIII.52], Water after Reducing in Different Proportions [VIII. 53-55], Cold Water after Boiling [VIII. 56-57], Time Taken for the Digestion of Water [VIII.58], Taking Less of Water [VIII.59], Importance of Water [VIII. 60-61], Prohibition of Warm Water [VIII. 62], Prohibition of Cold Water [VIII. 63], Taking the Excess of Water [VIII. 64], *Dugdha* [VIII. 65-67], *Go-Dugdha* [VIII. 68-70], *Ajā-Dugdha* [VIII. 71-72], *Avi-Dugdha* [VIII. 73], *Mahiṣī Dugdha* [VIII. 74], *Nārī Dugdha* [VIII. 75], *Hastinī Dugdha* [VIII. 76], *Auṣṭra Dugdha* [VIII.77], *Āśva Dugdha* [VIII. 78], *Dhāroṣṇa Dugdha* [VIII.79-85], Prohibited Milk [VIII.86], *Santānikā* [VIII.87], *Moraṭī, Pīyūṣa & Dadhi Kūrcikā* [VIII. 88-89], *Takra Kūrcikā, Kilāṭa & Kṣīraśāka* [VIII.90], Properties of *Moraṭa, Pīyūṣa, Dadhikūrcikā, Takra Kūrcikā, Kilāṭa & Kṣīraṣāka* [VIII. 91-92], *Dadhi* & Its Varieties [VIII.93-97], Properties of *Dadhi* of Cow's, Goat's & Mare's Milk [VIII.98-106], *Gālita Dadhi* [VIII.107], *Dadhi* of Boiled Milk [VIII.108], *Chacchikā* or *Asāra Dadhi* [VIII.109], *Dadhi* and Its Combinations [VIII.110], *Dadhi* in Different Seasons [VIII.111], Use of *Dadhi* in Particular Disease [VIII.112-113], *Dadhyuttara* or *Sāra* [VIII.114-115], *Mastu* [VIII.116], *Ghola, Mathita, Udaśvit & Takra* [VIII.117-121], Contra-Indications of *Takra* [VIII.122], Use of *Takra* [VIII.123], Properties of Different Types of *Takra* [VIII. 124], Combination with *Takra* [VIII. 125], Properties of Different Types of *Takra* [VII.126], *Ghola & Mathita* [VIII.127-128], *Navanīta* [VIII.129], Butter Preserved for Some Days [VIII.130], Butter preserved for a Long Time [VIII.131], Milk-Butter or Butter Collected from Milk [VIII.132], *Ghṛta* [VIII.133-135], Ghee Prepared from Milk Directly [VIII.136], Old Ghee [VIII.137-138], *Ghṛta Maṇḍa* [VIII.139], *Kaumbha Sarpi* [VIII.140], Best & Inferior *Ghṛta* [VIII.141], *Taila* [VIII.142], *Uṣṇa Taila* [VIII.143], *Lepana* [VIII. 144-145], Ghee & Til Oil [VIII-146], *Eraṇḍa Taila* [VIII.147-148], *Kaṭu Taila* [VIII.149-151], *Nimba* [VIII.152], *Atasī Taila* [VIII.153], *Sārṣapa Taila* [VIII.154], *Kusumbha Taila* [VIII.155], *Jyotiṣmatī Taila* [VIII.156], *Nārikelādi Taila* [VIII.157], *Śiṃśapādi Taila* [VIII.158], *Bhallātaka & Tuvaraka Taila* [VIII.159], *Pālāśa, Mādhūka & Pāṭalā Taila* [VIII.160], *Trapuṣādi Taila* [VIII.161-162],

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Ekaiṣija Taila [VIII.163], *Yavatiktodbhava Taila* [VIII. 164], *Āmra Taila* [VIII.165], *Sneha Varga* [VIII.166], *Medādi* (*Ghṛta, Taila, Vasā, Medās, Majjā,* etc.) [VIII.167-169], *Madya* [VIII.170-172], *Madya* Prepared of *Drākṣā* [VIII.173], *Mādhvīkā & Khārjūra* [VIII. 174], *Surā* [VIII.175], *Vāruṇī* [VIII.176], *Prasannā, Kādambarī, Jagala, Medaka, Pakvaśa & Kiṇvaka* [VIII.177-181], *Ākṣikī* [VIII.182], *Yava Surā & Maireya* [VIII.183-186], *Kākolī & Madhūlaka* [VIII.187], *Śārkara* [VIII.188], *Madhvāsava* [VIII.1st line of 189], *Gauḍa* [VIII. 2nd & 3rd lines of 189], *Sīdhu* or *Sīdhu Pakva Rasa & Śīta Rasa* [VIII.190-192], *Jāmbava* [VIII.193], *Ariṣṭa, Āsava,* etc. [VIII.194], Prohibited Alcoholic Drink (*Madya*) [VIII.195-198], Appropriate Alcoholic Drink [VIII. 199], Prohibited *Madya* [VIII.200-201], Alcoholism According to the *Doṣas* [VII. 202], *Navīna Madyādi* [VIII.203], *Jīrṇa Madyādi* [VIII. 204], *Madabheda* [VIII.205], *Cukra* [VIII.206], *Guḍādijanita Madya* [VIII.207], *Kāñjika* [VIII.208], *Tuṣodaka, Sauvīraka & Dhānyāmla* [VIII.209-212], *Go-Hasti-Mahiṣādi Mutra* [VIII.213-215], Properties of *Go-Hasti-Mahiṣā-Mūtra* [VIII.216], *Aśva-Mūtra* [VIII.217], *Aja Mūtra* [VIII-218], *Āvika-Mūtra* [VIII.219], *Gardabha-Mūtra* [VIII.220], *Uṣṭra-Mūtra* [VIII.221], *Nara Mūtra* [VIII. 222], Specific Male and Female Urine [VIII. 223], Colophon [VIII. 224].

IX. Ikṣukādi Varga *pp-444-457*

Invocation [IX.1], *Ikṣu* & Its Varieties [IX.2-4], Taste of the Different Parts of *Ikṣu* [IX.5], *Lohitekṣu* [IX.6], *Kṛṣṇekṣu & Vaṃśa* [IX.7], *Kāntāra, Tāpasa, Kāṣṭhekṣu & Kāśakāra* [IX.8], *Sūcīpatra, Nīlapara, Naipāla & Dīrghapatraka* [IX.9], *Ikṣu Rasa* [IX.10], *Matsyaṇḍī, Sitopalā, Khaṇḍa, Madhu Śarkarā, Yavāsa Śarkarā, Puṣpaśitā, Phāṇita & Guḍa* [IX.11-24], *Ikṣu Vikāra* [IX.25], *Madhu* [IX.26-30], Varieties of *Madhu* [IX.31-32], Fresh & Preserved Honey [IX.33], Adverse Effects of Heated Honey [IX. 34-35], Exceptions [IX.36], *Madhūcchiṣṭa* [IX.37-38], Colophon [IX. 39].

X. Dhānya Varga *pp-458-484*

Invocation [X.1], *Śāli* [X.2], Varieties of *Śāli* [X.3-5], *Śāli Dhānya* [X.6], *Rakta Śāli* [X.7-1/2 8], *Mahā Śāli* [X.8-1/2], *Kārmuka, Pīta, Āmoda & Mukundaka* [X.9], Varieties of *Ṣaṣṭika Dhānya* [X.10], *Ṣaṣṭika* [X.11], *Kṛṣṇa Vrīhi* & Other Varieties of *Vrīhi* [X.12-1/2 14], Roasted *Śāli* [X.14 1/2], *Sthalaja Śāli & Kaidāra Śāli* [X.15], *Raupyātiraupya*

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Śāli [X.16], Old Rice [X.17-18], *Godhūma* [X.19-22], *Yava* & Its Varieties [X.23-25], *Śimbī Dhānyas* : *Vaidalas* & *Śimbī* [X.26-29], *Mudga* : *Vana Mudga* & *Rāja Mudga* [X.30-33] *Māṣa* [X.34-36], *Rājamāṣa* [X.37], *Makuṣṭha* [X.38-39], *Niṣpāva* [X.40], *Satīna* & *Hareṇu* [X.41-42], *Kalāya* & *Tripuṭa* [X.43-44], *Caṇaka* [X.45-46], *Masūra* [X.47-48], *Kulattha* & *Vanya Kulattha* [X.49-51], *Tila, Vanya Tila* & *Tuvarī* [X.52-56], *Atasī* [X.57], *Kusumbha* [X.58-59], *Sarṣapa* & *Rājikā* [X.60-61], *Śaṇa* [X.62], *Kaṅgu, Śyāmāka*, etc. [X.63-68], *Nīvāra* [X.69], *Yāvanāla* (*Jvāra*) [X.70], *Gavedhukā* [X.71], Defective Corns [X.72], *Navīna Dhānya* [X. 73], *Jīrṇa Dhānya* [X.74], *Virūḍha* Type of *Dhānya* [X.75], Useful Cereals Which are Freshly Harvested [X.76], Colophon [X.77].

XI. Dhānyakṛtānnādi Varga (Food Preparations) *pp-485-532*

Invocation [XI.1], *Āhāra* [XI.2-3], *Bhakta* [XI.4-7], *Odana* [XI.8-9], *Yavāgū, Peyā, Vilepī* & *Maṇḍa* [XI. 10-15], *Yāvya Maṇḍa* & *Lāja Maṇḍa* [XI.16-17], *Aṣṭaguṇa Maṇḍa* [XI.18-19], *Yūṣa* & *Mudga Yūṣa* [XI.20-21], *Dāḍimāmalaka Yūṣa* [XI.22], *Mudgāmalaka Yūṣa* [XI.23], *Kulattha Yūṣa* [XI.24], *Sūpya-Mūlaka Yūṣa* [XI.25], *Caṇaka Yūṣa [XI.26], Makuṣṭha Yūṣa* [XI.27], *Kṛta Yūṣa* & *Akṛta Yūṣa* [XI.28], *Yūṣa* in General [XI.29-30], *Sūpya* [XI.31-32], *Kṛśarā* [XI. 33-34], *Kṣiprā* [XI.35], *Kṣaireyī* [XI.36-37], *Rāja Khāṇḍava* & *Rāga* [XI.38-40], *Khaṇḍāmra* & *Khaṇḍāmalaka* [XI.41], *Rasālā* [XI.42-44], *Pānaka, Pañcasāra, Pānaka* & Other *Pānakas* [XI.45-48], *Amlikā Rasa* [XI.49], *Sadaka* [XI.50-51], *Poli* & *Maṇḍaka* [XI.52-54], *Polikā* & *Aṅgāra Karkaṭī* [XI.55], *Śāli Bhakṣya* [XI.56], *Godhūmādi Bhakṣya* & *Vaidala Bhakṣya* [XI.57], *Māṣa Bhakṣya* [XI.58], *Guḍa-Yukta Bhakṣya* [XI.59], *Ghṛta-Pakva Bhakṣya* [XI.60], *Taila-Pakva Bhakṣya* [XI.61], *Dugdha Bhakṣya* [XI.62], Properties of Food Preparations in General [XI.63], *Ghṛta Pūra* [XI.64-66], *Samitā-Saṃyāva* [XI.67-70], *Madhuśīrṣikā* [XI.71-73], *Pūpa* [XI.74], *Dadhi Pūpaka* [XI.75], Properties of *Saṃyāva, Madhuśīrṣa* & *Dadhipūpaka* [XI.76-77], *Visyanda* [XI.78-81], *Lapsī* [XI. 82-83], *Phenī* [XI. 84], *Modaka* [XI.85-87], *Māṣa Vaṭaka* [XI. 88-89], *Śāṇḍaka Vaṭaka* [XI.90], *Tuṣāmbu Vaṭaka* [XI.91], *Iṇḍarī* [XI. 92], *Somālikā* [XI.93], *Kuṇḍalikā* [XI.94-98], *Kulmāṣa* [XI.99], *Saktu* [XI.100], *Mantha*, etc. [XI.101-102], *Mantha* Mixed with *Drākṣā*, Sugar & Sugar-Cane-Juice [XI.103], *Saktu* [XI.104-106], *Yavodbhava Lājā* & *Dhānyā* [XI.107-109], *Pṛthuka* [XI.110], *Holaka* [XI.111], *Lambī* [XI. 112], *Pakva Māṃsa* : *Pariśuṣka*

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CHAPTER - I

अभयादिवर्गः

(Group beginning with *abhayā*, etc.)

[1R.] बीजं श्रुतीनां सुधनं[1] मुनीनां जीवं[2] जडानां महदादिकानाम् ।
आग्नेयमस्त्रं भवपातकानां किंचिन्महः श्यामलमाश्रयामि ।। 1 ।।

Invocations

I surrender to the glory of Lord Krishna (Śyāmala = lit. the Blue One), who is the seed of all the Vedas, who is the [spiritual] wealth of the sages, who is the conscious element in the inanimate objects, [created by] the *Mahat*, etc., (refers to the Sāṅkhya theory of creation of the Universe) and who is the *Āgneyāstra* (mythological weapon emitting fire) to destroy the sins of worldly persons.

[I. 1]

लुब्धा कपोलमधुवारि मधुव्रताली
कुम्भस्थलीमधुविभूषणलोहिताङ्गी ।
माणिक्यमौलिरिव राजति यस्य मौलौ
विघ्नं स धूनयतु[3] विघ्नपतिः सदा नः[4] ।। 2 ।।

Let Lord Ganesha, the controller of all impediments, whose temporal region looks beautiful because the redness of the honey-like secretion where groups of black-bees being attracted by this honey make the head appear as if studded with dazzling rubies, destroy the obstacles on our way.

[I. 2]

---

1. (क) तु घनं
2. (क) बीजं
3. (क) ध्वनयतु
4. (क) वः

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यो ध्वान्तसन्ततिगभी[5]रपयोधिमध्या-
न्निष्कासयत्यशरणं[6] भुवनं निमज्जत्[7]।
दत्त्वा जगत्त्रयहितः स्वकरावलम्बं
वांछां स वो दिनकरः सफलीकरोतु ।। 3 ।।

Let the Lord Sūrya (Sun) who through His rays beneficial to the three worlds (*bhūḥ, bhuvaḥ* and *svaḥ*) takes out the unsupported and drowning Universe from the deep sea of continued darkness, fulfil our desires.

[I. 3]

मिथ्याश[8]नादिकृतदोष[9]चयेन[10] कोपा-
न्नद्यम्बुवर्द्धित[11] उपद्रवनक्रभीमे ।
रोगाम्बुधौ भवजनस्य निमज्जतो यः[12] [1V.]
पोतः प्रयच्छतु शुभानि स काशिराजः ।। 4 ।।

Let *Kāśirāja* (King of Kāśī, refers to Dhanvantari), who is like a ship for the worldly persons being drowned in the sea of diseases, which is overwhelmed with the water from the river flooded by the aggravated *doṣas* because of unwholsome food, etc., and enriched by the ferocious crocodiles in the form of complications, bestow us auspiciousness.

[I. 4]

केचित्सन्ति निघण्टवोऽतिलघवः केचिन्महान्तः परे
केचिद्दुर्गमनामकाः कतिपये भावाः स्वभावोच्छ्रिताः ।
तस्मान्नातिलघुर्न चातिविपुलः ख्यातादिनामा सतां
प्रीत्यै[13] द्रव्यगुणान्वितोऽयमधुना ग्रन्थो मया बध्यते ।। 5 ।।

Introduction

Of the several *nighaṇṭus* (glossary of medicinal ingredients) [prevalent at present], some are very brief, some are too large (with descriptions in the great detail), some are difficult of comprehension, and some include inaccurate descriptions. Therefore, to appease the Wise (physicians), this work which includes properties of medicinal ingredients [in addition to their synonyms and other descriptions], which is neither too brief nor in too detail, and which includes reputed synonyms, is being composed by me.

[I. 5]

---

5. (क) सन्ततविशील०
6. (क) मध्वानिःश्वसयत्यसरणं
7. (क) निमज्जन्
8. (क) मिथ्यासनादि ०
9 (ग) ०चयाद्रिकोप०
10. (क) ०चयादि०
11. (क) ०वर्द्धिन
12. (क) अयं
13. (क) प्रियैः

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सर्वं कायेन संसाध्यं तस्यायुःस्थितिकारणम् ।
आयुर्वेदोपदेशस्तु कस्य न स्यात्सुखावहः[14] ।। 6 ।।

तत्रापि पूर्वं ज्ञातव्या द्रव्यनामगुणागुणाः ।
अतस्त एव वक्ष्यन्ते तज्ज्ञाने हि क्रियाक्रमः ।। 7 ।। [2 R.]

Importance of Ayurveda (Science of Life or Medicine)

Physique is the *sine qua non* of all the [material and spiritual] achievements and the *āyuṣ* (process of living) is the cause of its existence. Therefore, to whom it will not give happiness to be acquainted with the instructions envisaged in ayurveda (the science of life or medicine) ?

Before getting acquainted with [the prescriptions and prohibitions of] Ayurveda, it is necessary to know the synonyms, properties and adverse effects of medical ingredients. Therefore, the procedure to be followed for acquiring such knowledge will hereafter be explained.

[I. 6 – 7]

हरीतकीप्रशंसा तद्भेदाश्च[15]

हरस्य भवने जाता हरिता च स्वभावतः ।
[16]हारयेत्सर्वरोगांश्च तेन प्रोक्ता हरीतकी ।। 8 ।।

जीवन्ती पूतना पश्चादमृता विजयाऽभया ।
रोहिणी चेतकी सप्तभेदभिन्ना हरीतकी ।। 9 ।।

Harītakī (Terminalia chebula)

Properties and Varieties

Harītakī is so named because it grows in the abode of Hara (the Himalayas); it is green (*harita*) in the natural colour and it cures (*hārayet*) all diseases.

Varieties: *Jīvantī, pūtanā, amṛtā, vijayā, abhayā, rohiṇī* and *cetakī*–these are the seven varieties of *harītakī*.

[I. 8 – 9]

14. (ख) फलावहः
15. (ग) अथ हरीतकीनामगुणाः
16. (ग) हरेत् तु

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जीवन्ती जीवनोद्योगात्पावनात्पूतना मता[17] ।
सुधावदमृता ज्ञेया विजया विजयप्रदा ।। 10 ।।

नृणामभयदा यस्मादभया तत् प्रकीर्तिता ।
रोहिणी तु गुणारोहाच्चेतनाच्चेतकी मता ।। 11 ।।

जीवन्ती स्वर्णवर्णाभा पूतनाऽस्थिमती मता ।
अमृता त्रिदला प्रोक्ता विजया तुम्बरूपिणी ।। 12 ।।

पंचाङ्गी त्वभया ज्ञेयाऽमृता वृत्ता तु रोहिणी ।
त्र्यङ्गी तु चेतकी ज्ञेया कर्म तासामथोच्यते ।। 13 ।।

सर्वरोगेषु जीवन्ती प्रलेपे पूतना हिता ।
शुद्ध्यर्थममृता प्रोक्ता विजया सर्वरोगहृत् ।। 14 ।।

अक्षिरोगेऽभया शस्ता रोहिणी व्रणरोहिणी ।
चेतकी चूर्णयोगे स्यात्सप्तधैव[18] प्रकीर्तिता ।। 15 ।।

Significance of the Names and Characteristics of Different Varieties

Jīvantī : Because of its life-promoting (*jīvana*) effects, it is called *jīvantī*.

It is golden in colour and useful in all types of diseases.

Pūtanā: Because of purifying (*pāvana*) effect, this variety is called *pūtanā*.

It has a bigger seed and is useful in *pralepa* (external application).

Amṛtā : Because of ambrosia-like (*sudhāvat*) properties, it is called *amṛtā*.

It has three *dalas* (segments) and it is useful for purgation.

Vijayā : Because it endows the user with victory (*vijaya*) [over diseases], it is called *vijayā*.

It is like a *tumba* (elongated gourd) in shape. It cures all diseases.

Abhayā : Because it takes away fear (*abhaya*) [of diseases], so this variety is called *abhayā*.

17. (ग) स्मृता 18. (ग) ०धैवं

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It has five *aṅgas* (parts or segments) and it is useful in eye-diseases.

Rohiṇī : Because it exceeds in therapeutic utility (*guṇārohāt*), this variety is known as *rohiṇī*.

It is round in shape and it helps in healing the ulcers.

Cetakī : Because of conscious-promoting (*cetanā*) property, it is called *cetakī*.

It has three *aṅgas* (parts or pieces). It is useful in recipes used in the form of powder (*cūrṇa)*

[I. 10 – 15]

नवा स्निग्धा घना वृत्ता गुर्वी क्षिप्ता च याऽम्भसि ।
निमज्जेत् सा प्रशस्ता स्याद्रोग[19]घ्न्यतिगुणप्रदा ।। 16 ।।

शोणा च्छिन्ना गुडनिभा किंचिदल्पा कषायिणी ।
स्थूलत्वक् सरसा स्वल्पबीजा गुर्वी हरीतकी ।। 17 ।।

Characteristics of Good Quality

Harītakī having the following attributes is the best for curing different types of diseases and therapeutic excellence :

i) Freshness (freshly collected);

ii) Unctuousness;

iii) Compactness (*ghanā*);

iv) Round in shape;

v) Heaviness;

vi) When put in water, it should sink.

[The above mentioned description pertains to the dry-variety of *harītakī*. When matured but green, its characteristic features should be as follows:]

i) If the pulp is scraped with the help of a knife and taken, it should have taste sweet like jaggery with slightly astringent taste;

ii) Which has thick outer skin;

19. (ग) ०घ्नीति गुणप्रदा

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iii) Juicy;

iv) Having small seed.

[I. 16 - 17]

चर्विता वर्द्धयत्यग्निं पेषिता मलशोधिनी ।
स्विन्ना संग्राहिणी प्रोक्ता भृष्टा पथ्यान्नदोषनुत् ।। 18 ।।

ग्रीष्मे तुल्यगुडां सुसैन्धवयुतां मेघावृतेः[20] त्र्यम्बरे
तुल्यां शर्करया शरद्यमलया शुण्ठ्या तुषारागमे ।
पिप्पल्या शिशिरे वसन्तसमये क्षौद्रेण संयोजितां
राजन् प्राप्य हरीतकीमिव रुजो नश्यन्तु ते शत्रवः ।। 19 ।।

Effects According to Different Modes of Use

When *harītakī* is taken by chewing, it promotes the power of digestion; when used in paste form it cleanses the bowels; when used after boiling it produces constipative effect; and when used after roasting it cures the ailments caused by the intake of unwholesome food.

Use in Different Seasons

In summer season, *harītakī* should be used with equal quantity of *guḍa* (jaggery).

In rainy season, it should be used by adding the sufficient quantity of *saindhava* (rock-salt).

During autumn, *harītakī* should be taken with equal quantity of purified *śarkarā* (sugar).

In the beginning of winter, it should be used with *śuṇṭhī* (dry-ginger powder).

In late winter, it should be taken by adding *pippalī* (long-pepper) powder.

During the spring season, it should be used with honey.

O! King, like the destruction (cure) of different disases by the administration of *harītakī*, let your enemies get anihilated. [This verse is an address to a King].

[I. 18 – 19]

20. (ग) ०वनद्वेऽम्बरे

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अथ नामगुणाः
हरीतकीनामगुणाः

शिवा हरीतकी पथ्या चेतकी विजया जया ।
प्रपथ्या[21] प्रथमा[22]ऽमोघा कायस्था प्राणदाऽमृता ।। 20 ।।

जीवनीया हैमवती पूतना वृतना[23]ऽभया ।
वयस्था नन्दिनी ज्ञेया श्रेयसी रोहिणी तथा ।। 21 ।।

हरीतकी पंचरसाऽलवणा तुवरोत्कटा ।
रूक्षोष्णा दीपनी मेध्या स्वादुपाका रसायनी ।। 22 ।।

सरा बुद्धिप्रदा[24] वृष्या[25] चक्षुष्या बृंहणी लघुः ।
श्वासकासप्रमेहार्शःकुष्ठशोथोदरान् कृमीन् ।। 23 ।।

वैस्वर्यग्रहणीदोषविबन्धविषमज्वरान् । [2 V.]
गुल्माध्मानव्रणच्छर्दिहिक्काकण्डूहृदामयान्[26]
कामलां शूलमानाहं प्लीहानं चापकर्षति ।। 24 ।।

कषायाम्ला च मधुरा तिक्ता कटुरसान्विता ।
इति पंचरसाः प्रोक्ता लवणेन विवर्जिता ।। 25 ।।

अन्नपानकृतान् रोगान् वातपित्तकफोद्भवान् ।
हरीतकी हरत्याशु भक्तस्योपरि योजिता ।। 26 ।।

मधुराम्लतया वातं कषायस्वादुभावतः ।
पित्तं हन्ति कफं तिक्तकटुकत्वेन[27,28] हरीतकी ।। 27 ।।

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21. (क) प्रमथ्या
22. (ग) प्रमथा
23. (क) (ग) प्रूतना०
24. (क) वृद्धिप्रदा
25. (क) पुष्ट्या
26. (क) त्वगामयान्
27. (ख) हन्ति कटुकेन
28. (ग) कटुत्वेन

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Syn. : Śivā, harītakī, pathyā, cetakī, vijayā, jayā, prapathyā, pramathā, amoghā, kāyasthā, prāṇadā, amṛtā, jīvanīyā, haimavatī, pūtanā, vṛtanā, abhayā, vayasthā, nandinī, śreyasī and *rohiṇī.*

Taste : Sweet, sour, pungent, bitter and astringent. Astringent taste is more manifested.

Attributes : Ununctuous and *laghu* (light).

Potency : Hot.

Vipāka : Sweet.

Action : Digestive stimulant.

Specific action : Laxative, rejuvenating and aphrodisiac.

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *prameha* (obstinate urinary disorders including diabetes), *arśas* (piles), *kuṣṭha* (obstinate skin diseases including leprosy), *śotha* (oedema), *udara* (obstinate abdominal diseases including ascites), *kṛmi* (parasitic infestation), *vaisvarya* (hoarseness of voice), *grahaṇī* (sprue syndrome), *vibandha* (constipation), *viṣama jvara* (irregular fever), *gulma* (phantom tumour), *ādhmāna* (flatulence), *vraṇa* (ulcer), *chardi* (vomiting), *hikkā* (hiccup), *kaṇḍū* (itches), heart diseases, *kāmalā* (jaundice), *śūla* (colic pain), *ānāha* (tympanitis) and *plīhā* (splenic disorder).

If taken after meals, it quickly cures diseases caused by the aggravation of *vāyu, pitta* and *kapha* as a result of unwholesome food and drinks.

It promotes wisdom, intellect and eye-sight.

Note: i) It alleviates *vāyu* because of its sweet and sour tastes; alleviates *pitta* because of its astringent and sweet tastes; and alleviates *kapha* because of its bitter and pungent tastes.

ii) It is free from saline taste.

[20 – 27]

आमलकनामगुणाः[29]

धात्रीफलाऽमृतफलाऽऽमलकं श्रीफलं शिवम् । [3 R.]
तद्वत् धात्रीफलं वृष्यं विशेषाद्रक्तपित्तजित् ।। 28 ।।

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29. (ग) धात्री०

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अम्लत्वात्पवनं हन्ति पित्तं माधुर्यशैत्यतः ।
कफं रूक्षकषायत्वात् तस्मात्किमधिकं फलम् ।। 29 ।।

धात्रीनामगुणाः

Āmalaka (Emblica officinalis)

Syn. : Dhātrī phala, amṛta phala, āmalaka, śrīphala and *śiva.*

Taste : Sweet, sour and astringent.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Aphrodisiac.

Therapeutic usage : It shares the therapeutic properties of *harītakī.* It specially cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : It alleviates *vāyu* because of its sour taste; alleviates *pitta* because of its sweet taste and cold potency; and alleviates *kapha* because of its astringent taste and ununctuousness.

It is an excellent fruit.

[I. 28 – 29]

बिभीतकनामगुणाः

बिभीतकः कर्षफलो भूतावासः कलिद्रुमः ।
वासन्तोऽक्षो वृद्धजातः[30] संवर्त्तस्तिलपुष्पकः ।। 30 ।।

बिभीतकः स्वादुपाकः कषायः कफपित्तनुत्[31] ।
उष्णवीर्यो हिमस्पर्शो भेदनः कासनाशनः ।
रूक्षो नेत्रहितः केश्यो मज्जातो मदकारकः ।। 31 ।। [3 V.]

Bibhītaka (Terminalia belerica)

Syn. : Bibhītaka, karṣa phala, bhūtāvasa, kalidruma, vāsanta, akṣa, vṛddhajāta, saṃvartta and *tilapuṣpaka.*

Taste : Astringent.

Attributes : Cold in touch and ununctuous.

30. (क) बद्धजातः
31. (क) कफपित्तकृत

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Potency : Hot.

Vipāka : Sweet.

Specific action : *Bhedana* (purgative), promoter of eye-sight and hair, and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *kāsa* (cough).

Note : Its seed-pulp is intoxicating (*mada kāraka*).

[I. 30 – 31]

त्रिफलानामगुणाः [32]

हरीतक्यास्त्रयो भागाः शिवाःद्वादशभागिका ।
षड्भागाः स्युर्बिभीतस्य त्रिफलेयं प्रकीर्तिता ।। 32 ।।

पित्तं माधुर्य्यशैत्याभ्यां कफं रूक्षकषायतः ।
त्रिफलैतत्त्रयेण स्याद्वरा श्रेष्ठा फलोत्तमा ।। 33 ।।

त्रिफला कुष्ठमेहार्शःकफपित्तविनाशिनी ।
चक्षुष्या रोचनी[33] हृद्या वयस्था दीपनी सरा[34] ।। 34 ।।

Triphalā (A Collective Name for Harītakī or Terminalia chebula, Bibhītaka or Terminalia belerica and Āmalakī or Emblica officinalis)

Composition : Three parts of *harītakī*, twelve parts of *āmalaka* and six parts of *bibhītaka.*

Taste : Sweet and astringent.

Attribute : Ununctuous.

Potency : *Śīta* (cold).

Action : Digestive stimulant.

Specific action : Laxative, appetiser, cardiac tonic, youth-stabilizer,

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32. (ग) त्रिफलायाः परिमाणं नामगुणाश्च
33. (ख) रोपणी
34. (ख) वयसः स्थापनी परा
(ग) वयसः स्थापनी सरा

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promoter of eye-sight and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *meha* (urinary disorders including diabetes) and *arśas* (piles).

Note : It alleviates *pitta* because of its sweet taste and cold potency; alleviates *kapha* because of its astringent taste and ununctuousness.

[I. 32 – 34]

भूधात्रीनामगुणाः[35]

भूधात्री बहुपत्रा स्यादमृता[36]ऽऽमलकी शिवा ।
भूधात्री वातकृत्तिक्ता कषाया मधुरा हिमा ।
पिपासाकासपित्तासृक्कफपाण्डुक्षतापहा[37]।। 35 ।।

भूमि अयलानामगुणाः

Bhūdhātrī (Phyllanthus niruri)

Syn. : *Bhūdhātrī, bahupatrā, amṛtā, āmalakī* and *śivā.*

Taste : Bitter, astringent and sweet.

Potency : Cold.

Specific action : Allevaites *kapha.*

Therapeutic usage : Cures *pipāsā* (morbid thirst), *kāsa* (coughing), *pittāsṛk* or *rakta pitta* (a disease characterised by bleeding from different parts of body), *pāṇḍu* (anemia) and *kṣata* (consumption).

Note : It aggravates *vāyu.*

[I. 35]

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35. (ग) भूम्यामलकीनामगुणाः
36. (क) जटी (ग) जटा
37. (ख), (ग) पित्तान्नकृमि०

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प्राचीनामलकीनामगुणाः[38]

प्राचीनामलकी प्राची नागरं रक्तकं मतम् ।
तत्पक्वं पित्तकफकृदुष्णं गुरु समीरजित् ।। 36 ।। [4 R.]

पाणिअयलानामगुणाः

Prācīnāmalakī (Flacourtia jangomas)

Syn.: *Prācīnāmalakī, prācī, nāgara* and *raktaka.*

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviator of *vāyu.*

Note : It aggravates *pitta* and *kapha.*

[I.36]

अटरूषकनामगुणाः[39]

अरूषकेण ववासा वृषा सिंहमुखी भिषक् ।
सिंहपर्णी वृषो वासा सिंहकोत्पाटरूषकः[40] ।। 37 ।।

वासको वातकृत् सर्य्यः[41] कफपित्तास्रनाशनः ।
श्वासकासज्वरच्छर्दिमेहकुष्ठक्षयापहः ।। 38 ।।

वासङ्गनामगुणाः

Aṭarūṣaka (Adhatoda vasica)

Syn. : *Arūṣaka, iṇava vāsā, vṛṣā ,siṃha mukhī, bhiṣak, siṃha parṇī, vṛṣa, vāsā, siṃhaka* and *utpāṭarūṣaka.*

Specific action : Laxative and alleviator of *kapha.*

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding

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38. (ग) प्राचीनामलकं
39. (ग) वासकनामगुणाः
40. (क) वासवृक्षः सिंहमुखी भिषङ्माताटरूषकः ।
शुक्ला हैमवती चैव सिंहास्यो वसजिदन्तकः ।।
(ग) आटरुसो भिषङ्माता वासा सिंहमुखी वृषः ।
सिंहपर्णी वाटसश्च सिंहिकाऽप्याटरुषकः ।।
41. (क), (ग) स्वर्यः

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from different parts of body), *śvāsa* (asthma), *kāsa* (cough), *jvara* (fever), *chardi* (vomiting), *meha* (obstinate urinary disorders including diabetes), *kuṣṭha* (obstinate skin diseases including leprosy) and *kṣaya* (consumption).

Note : It aggravates *vāyu*.

[I. 37 – 38]

गुडूची(गिलोय)नामगुणाः[42]

गुडूची कुण्डली छिन्ना वयस्थाऽमृतवल्लरी ।
छिन्नोद्भवा छिन्नरुहाऽमृता ज्वरविनाशिनी ।। 39 ।।

वत्सादनी चन्द्रहासा जीवन्ती चक्रलक्षणा[43] ।। 40 ।।

गुडूची कटुका लघ्वी स्वादुपाका रसायनी ।
संग्राहिणी कषायोष्णा बल्या तिक्ताऽग्निदीपनी ।
कामलाकुष्ठवातास्रज्वरपित्तवमिं जयेत् ।। 41 ।।

घृतेन वातं सगुडा विबन्धं पित्तं सिताढ्या मधुना कफं च ।
वातास्रमुग्रं रुबुतैलमिश्रा शुण्ठ्यामवातं शमयेत् गुडूची ।। 42 ।।

Guḍūcī (Tinospora cordifolia)

Syn. : Guḍūcī, kuṇḍalī, chinnā, vayasthā, amṛta vallarī, chinnodbhavā, chinnaruhā, amṛtā, jvaravināśinī, vatsādanī, candrahāsā, jīvantī and *cakralakṣaṇā*.

Taste : Pungent, astringent and bitter.

Attribute : Light.

Potency : Hot.

Vipāka : Sweet.

Action : Digestive stimulant.

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42. (ग) गुडूचीनामगुणाः
43. (क) चन्द्रलक्षणा

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Specific action : Constipative, rejuvenating, nourishing and alleviator of *pitta.*

Therapeutic usage : Cures *kāmalā* (jaundice), *kuṣṭha* (obstinate skin diseases including leprosy), *vātāsra* (gout), *jvara* (fever) and *vami* (vomiting).

Note : If taken along with ghee, it alleviates *vāyu* ; if taken along with jaggery it cures constipation; if taken along with sugar it alleviates *pitta;* if taken along with castor oil it cures acute type of *vāta rakta* (gout); and if taken along with *śuṇṭhī,* it cures *āmavāta* (rheumatism).

[I. 39 – 42]

बिल्वनामगुणाः

बिल्वः शलाटुः शैलूषो मालूरः श्रीः[44] सदाफलः ।
लक्ष्मीफलो गन्धगर्भः शाण्डिल्यः कण्टकी मतः ।। 43 ।।

बिल्वं ग्राहि कषायोष्णं कटुदीपनपाचनम् ।
ह्यं बालं[45] लघु स्निग्धं तिक्तं वातकफापहम् ।। 44 ।।

वृद्धं[46] गुरु त्रिदोषं स्याद्दुर्जरं पूतिमारुतम् । [5 R.]
विदाहि विष्टम्भकरं मधुरं वह्निमान्द्यकृत् ।। 45 ।।
ग्रहणीकफवातामशूलघ्नी बिल्वपेशिका ।। 46 ।।

Bilva (Aegle marmelos)

Syn.: *Bilva, śalāṭu, śailūṣa, mālūra, śrī, sadāphala, lakṣmīphala, gandha garbha, śāṇḍilya* and *kaṇṭakī.*

Unripe and Immature Fruit

Taste : Astringent, pungent and bitter.

Attributes : Light and ununctuous.

Potency : Hot.

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44. (ख) च
45. (क) बल्यं
46. (ख) (ग) वृष्यं

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Action : Digestive stimulant and carminative.

Specific action : Cardiac tonic and alleviator of *vāyu* and *kapha.*

Ripe and Matured Fruit

Taste : Sweet.

Attribute : Heavy

Note : i) It is difficult of digestion.

ii) It produces foul smelling wind.

iii) It is *vidāhi* (which causes burning sensation).

iv) It causes *viṣṭambha* (formation of wind in the abdomen).

v) It suppresses the power of digestion.

vi) It vitiates all the three *doṣas.*

Pulp or Flesh of Bilva

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *grahaṇī* (sprue syndrome), *āma* (uncooked food articles) and *śūla* (colic pain).

[I. 43 – 46]

अरणिनामगुणाः[47]

अग्निमन्थो मंथः[48] केतुररणिर्वैजयन्तिका ।
अग्निमन्थः श्वयथुहृत् वीर्योष्णः कफवातनुत् ।। 47 ।।

अगवधुनामगुणाः

Araṇi (Premna integrifolia)

Syn. : *Agnimantha, mantha, ketu, araṇi* and *vaijayantikā.*

Potency : Hot.

Specific action : Alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *śvayathu* (oedema).

[I. 47]

47. अग्निमन्थनामगुणाः 48. (क) जयः

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पाटलानामगुणाः

पाटला कामदूतः स्यात्कुम्भिका कालवृन्तिका ।
स्वल्पमेधा[49] मधोर्दूती ताम्रपुष्पा[50]म्बुवासिनी ।। 48 ।।

अन्या फलेरुहा श्वेता कुम्भिका कृष्णपाटला[51] ।। 49 ।।

पाटलाऽरुचिशोथार्शः[52]श्वासतृट्छर्दिनाशिनी ।
[5 V.] अत्युष्णं[53] तुवरं स्वादु तत्पुष्पं कफरक्तनुत् ।
पित्तातिसारदाहघ्नं फलं हिक्कास्रपित्तनुत् ।। 50 ।।

पाटलाकाष्ठपाटलानामगुणाः

Pāṭalā (Stereospermum suaveolens)

Syn. : *Pāṭalā, kāmadūta, kumbhikā, kālavṛntikā, svalpamedhā, madhordūtī, tāmrapuṣpā, ambuvāsinī, phaleruhā, śvetā, kumbhikā* and *kṛṣṇa pāṭalā.*

Taste : Astringent and sweet.

Potency : Hot (extremely).

Therapeutic usage : Cures *aruci* (anorexia), *śotha* (oedema), *arśas* (piles), *śvāsa* (dyspnoea), *tṛṭ* (morbid thirst) and *chardi* (vomiting).

Flower

Specific action : Alleviates vitiated *kapha* and *rakta* (blood).

Fruit

Specific action : Alleviates *pitta.*

Therapeutic usage : Cures *atisāra* (diarrhoea), *dāha* (burning sesation), *hikkā* (hiccup) and *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[I. 48 – 50]

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49. (क), (ग) स्थाल्यमोघा
50. (ग) ०पुष्प्य०
51. (क) काष्ठपाटला
52. (क) ०शोथास्र०
53. (क) अनुष्णा

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काश्मरीनामगुणाः

काश्मरी सर्वतोभद्रा श्रीपर्णी कृष्णवृन्तिका ।
गम्भारी[54] कश्मरी हीरा काश्मर्या भद्रपर्णिका ।। 51 ।।

काश्मरी ज्वरशूलघ्नी वीर्योष्णा मधुरा गुरुः ।
तत्पुष्पं वातलं ग्राहि पित्तासृक्प्रदरापहम् ।। 52 ।।

फलं रसायनं केश्यं बृंहणं शुक्रलं[55] गुरु ।
वातपित्तक्षयतृष्णारक्तशूलविबन्धनुत् ।। 53 ।।

गम्भारीनामगुणाः

Kāśmarī (Gmelina arborea)

Syn. : Kāśmarī, sarvatobhadrā, śrīparṇī, kṛṣṇa vṛntikā, gambhārī, kaśmarī, hīrā, kāśmaryā and *bhadra parṇikā.*

Taste : Sweet.

Attribute : Heavy.

Potency : Hot.

Therapeutic usage : Cures *jvara* (fever) and *śūla* (colic pain).

Flower

Specific action : Constipative.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *pradara* (menorrhagia).

Note : It aggravates *vāyu.*

Fruit

Attribute : Heavy.

Specific action : Rejuvenating, promoter of nourishment, semen and hair, and alleviator of *vāyu* as well as *pitta.*

Therapeutic usage : Cures *kṣaya* (consumption), *tṛṣā* (morbid thirst), *śūla* (colic pain) and *vibandha* (constipation).

[I. 51 – 53]

54. (ख) काश्मारी (ग) काश्मरी 55. शुक्लं

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श्योनाक(टंटू)नामगुणाः

श्योनाकः पृथुशिम्बिः स्यात् शुकनासः[56] कुटन्नटः । [6R.]
[57]भूतवृक्षः सुकट्वंगष्टुण्टुकः[58] शल्लकोऽरलुः ।
मयूरजंघो भल्लूकः प्रियजीवः कटम्भरः ।। 54 ।।

श्योनाको दीपनः पाके कटुस्तुवरको हिमः ।
ग्राही तिक्तोऽनिलश्लेष्मपित्तकासविनाशनः ।। 55 ।।

फणफणानामगुणाः

टुण्टुकस्य फलं बालं रूक्षं वातकफापहम् ।
ह्रद्यं कषायमधुरं लघु रोचनदीपनम् ।। 56 ।।

Śyonāka (Oroxylum indicum)

Syn. : *Śyonāka, pṛthuśimbi, śukanāsa, kuṭannaṭa, bhūta vṛkṣa, sukaṭvaṅga, ṭuṇṭuka, śallaka, aralu, mayūrajaṅgha, bhallūka, priyajīva* and *kaṭambhara.*

Taste : Astringent and bitter.

Potency : Cold.

Vipāka : Pungent.

Action : Digestive stimulant.

Specific action : Constipative and alleviator of *vāyu, kapha* and *pitta.*

Therapeutic usage : Cures *kāsa* (bronchitis).

Immature Fruit

Taste : Astringent and sweet.

Attributes : Ununctuous and light.

Action : Digestive stimulant.

Specific action : Appetiser, cardiac tonic and alleviator of *vāyu* and *kapha.*

[I. 54 – 56]

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56. (क) शूकनाशः 57. (ग) भूतवृक्षश्च कट्वङ्ग० 58. (क) सुकट्वंग टुण्टुकः

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महत्पंचमूलगुणाः[59]

बिल्वादिभिः पंचभिरेतत्स्यात् पंचमूलं महदग्निकारि ।
लघूष्णतिक्तं रसतः कषायं मेदः[60]कफश्वाससमीरहारि ।। 57 ।।

Mahat Pañcamūla (Major Five Roots)

These five drugs, namely, *bilva, araṇi, pāṭalā, kāśmarī (gambhārī)* and *śyonāka*, taken together are knows as *mahat pañcamūla.*

Taste : Bitter and astringent.

Attribute : Light.

Potency : Hot.

Action : Excessively digestive stimulant.

Specific action : Alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *medas* (adiposity) and *śvāsa* (dyspnoea).

[I. 57]

गोक्षुरनामगुणाः

त्रिकण्टकः कण्टफलो गोक्षुरः स्वादुकण्टकः[61] ।
गोकण्टको भक्षटकस्त्रिकण्टो[62] व्यालदंष्ट्रकः ।
श्वदंष्ट्रा स्थूलशृङ्गाटः षडंगः क्षुरकस्त्रिकः ।। 58 ।।

गोक्षुरः शीतलः स्वादुर्बलकृद्बस्तिशोधनः ।
प्रमेहश्वासकासास्र[63]कृच्छ्रहृद्रोगवातजित् ।। 59 ।।

Gokṣura (Tribulus terrestris)

Syn. : *Trikaṇṭaka, kaṇṭaphala, gokṣura, svādukaṇṭaka, gokaṇṭaka, bhakṣyaṭaka, trikaṇṭa, vyāladaṃṣṭraka, śvadaṃṣṭrā, sthūla śṛṅgāṭa, ṣaḍaṅga, kṣuraka* and *trika.*

Taste : Sweet.

Potency : Cold.

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59. (ग) महापंचमूलनामगुणाः
60. (क) भेदः
61. (क) गोक्षुरस्त्रिकण्टकफलः स्वादुकण्टकः ।
62. (क) भक्षटंकस्त्रिकण्टको
63. (क) ०कासाम० (ग) ०कासाश्म०

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Specific action : Promotes strength, cleanses *basti* (pelvic region), and alleviates *vāyu*.

Therapeutic usage : Cures *prameha* (obstinate urinary diseases including diabetes), *śvāsa* (asthma), *kāsa* (cough), vitiation blood, *mūtra kṛcchra* (dysuria) and *hṛd roga* (heart diseases).

[I. 58 – 59]

शालपर्णीनामगुणाः

शालपर्णी ध्रुवा सौम्या त्रिपर्णी पीतनी स्थिरा ।
विदारिगन्धाऽतिगुहा दीर्घमूलांशुमत्यपि ।। 60 ।।

शालपर्णी गुरुश्छर्दिज्वरश्वासातिसारनुत् ।
शोषदोषत्रयहरा बृहत्युष्णा रसायनी ।। 61 ।।

Śālaparṇī (Desmodium gangeticum)

Syn. : *Śālaparṇī, dhruvā, saumyā, triparṇī, pītanī, sthirā, vidārigandhā, tiguhā, dīrghamūlā* and *aṃśumatī*.

Attribute : Heavy.

Potency : Excessively hot.

Specific action : Alleviator of three *doṣas* and rejuvenating.

Therapeutic usage : Cures *chardi* (vomiting), *jvara* (fever), *śvāsa* (asthma) and *atisāra* (diarrhoea).

[I. 60 – 61]

पृष्ठ[64]पर्णीनामगुणाः

पृष्ठ[65]पर्णी क्रोष्टुपुच्छा[66] धावनी कलशारुहा[67] ।
शृगालवृत्ता जटिला[68] पृथक्पर्णी च पर्णिका ।। 62 ।।

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4. (ग) पृश्निपर्णी०
5. (क) कृष्णपर्णी (ग) पृश्निपर्णी
66. (क), (ग) क्रोष्ट्रपुच्छी
7. (क), (ग) कलशी गुहा
68. (ख) अहितिला, (ग) शृगालविन्नड्हिग्रवला

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पृष्ठपर्णी[69] लघुर्वृष्या मधुरोष्णा विनाशयेत् ।
रक्तातिसारतृड्दाह[70]दोषत्रयवमिज्वरान् ।। 63 ।।

कृष्णपर्णीनामगुणाः

Pṛṣṭhaparṇī (Uraria picta)

Syn. : *Pṛṣṭhaparṇī, kroṣṭupuccha, dhāvanī, kalaśārua, śrgālavrttā, jaṭilā, pṛthakparṇī* and *parṇikā.*

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Taste : Sweet.

Attribute : Light.

Potency : Hot.

Specific action : Aphrodisiac and alleviator of the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *raktātisāra* (diarrhoea associated with bleeding), *tṛṭ* (morbid thirst), *dāha* (burning syndrome), *vami* (vomiting) and *jvara* (fever).

[I. 62 – 63]

बृहत्कण्ट[71]कीनामगुणाः

बृहती स्थूलभण्टाकी विषदा च मदोत्कटा[72] ।
वृन्ताकी[73] महती सिंही कण्टकी राष्ट्र[74]काकुली ।। 64 ।। [7R.]

बृहती ग्राहिणी हृद्या पाचनी कफवातजित् ।
तृष्णा[75]कुष्ठज्वरश्वासशूलकासाग्निमान्द्यजित् ।। 65 ।।

बृहत्कण्टकारीनामगुणाः

Bṛhat Kaṇṭakī (Solanum indicum)

Syn. : *Bṛhatī, sthūlabhaṇṭākī, viṣadā, madotkaṭā, vṛntākī, mahatī, siṃhī, kaṇṭakī* and *rāṣṭrakākulī.*

Action : Carminative.

Specific action : Cardiac tonic, constipative and alleviator of *kapha* and *vāta.*

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *kuṣṭha* (obstinate skin

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69. (क) पृश्निपर्णी 70. (क) रक्तातिसारदाहासृक्० (ग) रक्तातिसारदाहतृट्०
71. (ग) बृहती० 72. (ग) महोर्टिका 73. (क) वार्ताकी
74. (ग) राष्ट्रिका कूली 75. (ख) उष्णा कुष्ठ०

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diseases including leprosy), *jvara* (fever), *śvāsa* (dyspnoea), *śūla* (colic pain), *kāsa* (cough) and *agnimāndya* (suppression of the power of digestion).

[I. 64 – 65]

कण्टकारीश्वेतकण्टकारीनामगुणाः[76]

कण्टारिका[77] कण्टिकिनी कण्टकारी निदिग्धिका ।
दुःस्पर्शा धावनी क्षुद्रा स्याद् व्याघ्री दुष्प्रदर्शिनी[78] ।
सिता क्षुद्रा चन्द्रहासा लक्ष्मणा स्वेददूतिका[79] ।। 66 ।।

कण्टकारी सरा तिक्ता कटुका दीपनी लघुः ।
रूक्षोष्णा पाचनी कासश्वासज्वरकफानिलान् ।
निहन्ति पीनसं पार्श्वपीडाकृच्छ्रहृदामयान् ।। 67 ।।

तद्वत्प्रोक्ता सिता क्षुद्रा विशेषाद् गर्भकारिणी ।। 68 ।। [7V.]

कण्टकारिद्वयनामगुणाः

Kaṇṭakārī (Solanum xanthocarpum)

Syn. : *Kaṇṭārikā, kaṇṭikinī, kaṇṭakārī, nidigdhikā, duḥsparśā, dhāvanī, kṣudrā, vyāghrī* and *duṣpradarśinī*.

Taste : Bitter and pungent.

Attributes : Light and ununctuous.

Potency : Hot.

Action : Digestive stimulant and carminative.

Specific action : Laxative and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *kāsa* (cough), *śvāsa* (asthma), *jvara* (fever),

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76. (ग) श्वेतकण्टकारीनामगुणाः
77. (क) (ग) कण्टालिका
78. (ग) दुष्प्रधर्षिणी
79. (क) क्षेत्रदूतिका,
(ग) स्वेददूषिका

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pīnasa (rhinitis), *pārśva pīḍā* (pain in the sides of the chest), *kṛcchra* (dysuria) and heart diseases.

Śveta Kaṇṭakārī (Variety of Kaṇṭakārī having White Flower)

Syn. : *Sitā, kṣudrā, candrahāsā, lakṣmaṇā* and *sveda dūtikā.*

Note : It shares the properties of *kaṇṭakārī*, specially helps in conception.

[I. 66 – 68]

लघुपंचमूलगुणाः

ह्रस्वाख्यं पंचमूलं स्यात् पंचभिर्गोक्षुरादिभिः ।
बल्यं पित्तानिलहरं नात्युष्णं स्वादु बृंहणम् ।। 69 ।।

लघुपंचमूलमेतत्

Laghu Pañcamūla (Minor Five Roots)

Five above drugs, namely, *gokṣura, śālaparṇī, pṛṣṭhaparṇī, bṛhat kaṇṭakī (bṛhatī)* and *kaṇṭakārī* , taken together are known as *laghu pañcamūla.*

Taste : Sweet.

Potency : Not excessively hot.

Specific action : Promoter of strength and nourishment, and alleviator of *pitta* as well as *vāyu.*

[I. 69]

दशमूलगुणाः

एताभ्यां पंचमूलाभ्यां दशमूलमुदाहृतम् ।
दोषत्रयश्वासकासशिरःपीडापतन्त्रकान् ।
तन्द्रास्वेदज्वरानाहारुचिपार्श्वरुजो जयेत् ।। 70 ।।

दशमूलमेतत्

Daśamūla (Group of Ten Roots)

Drugs belonging to *mahat pañcamūla* and *laghu pañcamūla,* namely, *bilva, araṇī, pāṭalā, kāśmarī, śyonāka, gokṣura, śālaparṇī, pṛṣṭhaparṇī, bṛhatī* and *kaṇṭakārī,* taken together are known as *daśamūla.*

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Specific action : Alleviator of all the three *doṣas*, namely, *vāyu*, *pitta* and *kapha*.

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *śiraḥ pīḍā* (headache), *apatantraka* (a disease in which body gets twisted like a bow), *tandrā* (drowsiness), *sveda* (excessive sweating), *jvara* (fever), *ānāha* (constipation), *aruci* (anorexia) and *pārśva ruk* (pain in the side of the chest).

[I. 70]

ऋद्धिवृद्धिनामगुणाः

ऋद्धिः सुखं युगं लक्ष्मीः सिद्धिः सर्वजनप्रिया ।
ऋषि[80]सृष्टा रथाङ्गं[81] स्यान्माङ्ग[82]ल्यं श्रावणी वसुः ।
[8R.] योग्यं योग्या[83] तुष्टिराशिर्वृद्धिरप्येतदाह्वया ।। 71 ।।

ऋद्धिर्बल्या त्रिदोषघ्नी शुक्रला मधुरा गुरुः ।
वृद्धिर्गर्भप्रदा शीता वृष्या कासक्षयास्रनुत् ।। 72 ।।

Ṛddhi and Vṛddhi (Plants of Controversial Identity)

Syn. : *Ṛddhi, sukha, yuga, lakṣmī, siddhi, sarvajanapriyā, ṛṣiṣṛṣṭā, rathāṅga, māṅgalya, śrāvaṇī, vasu, yogya, yogyā* and *tuṣṭirāśi*.

Ṛddhi

Taste : Sweet.

Attribute : Heavy.

Specific action : Promoter of strength and semen, and alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha*.

Vṛddhi

Potency : Cold.

Specific action : Aphrodisiac.

Therapeutic usage : Cures *kāsa* (bronchitis), *kṣaya* (consumption) and vitiation of blood and helps in conception.

[I. 71 – 72]

80. (ग) ऋषिश्रेष्ठा 81. (ग) रथाङ्गी 82. (ग) ०माङ्गल्या 83. (ख) (ग) युग्या

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काकोलीक्षीरकाकोलीनामगुणाः

काकोली मधुरा वीरा कायस्था क्षीरशुक्लिका ।
ध्वांक्षोली वायसोली स्यात् स्वादुमांसी पयस्विनी ।। 73 ।।

द्वितीया क्षीरकाकोली सुराह्वा क्षीरिणी मता ।
पीवरः[84] सदृशस्कन्धः सक्षीरः ससुगन्धकः ।। 74 ।।

क्षीरकाकोलिका ख्यातः पित्तदोषज्वरापहः ।
काकोलियुगलं शीतं शुक्रलं[85] मधुरं गुरु ।
जयेत् समीरदाहास्रपित्तशोषतृषाज्वरान् ।। 75 ।।

काकोलीद्वयनामगुणाः

Kākolī (Roscoea purpurea?)

Syn. : Kākolī, madhurā, vīrā, kāyasthā, kṣīraśuklikā, dhvāṅkṣolī, vāyasolī, svādumāṃsī and *payasvinī*.

Kṣīra Kākolī (of Controversial Identity)

Syn. : Kṣīra kākolī, surāhvā, kṣīriṇī, pīvara, sadṛśa skandha, sakṣīra and *sasugandhaka.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Alleviator of *vāyu.*

Therapeutic usage : Cures *dāha* (burning syndrome), *asrapitta* (a disease characterised by bleeding from different parts of the body), *śoṣa* (consumption), *tṛṣā* (morbid thirst) and *jvara* (fever).

Note : *Kṣīra kākolī* in addition cures vitiated *pitta* and *jvara* (fever).

[I. 73 – 75]

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84. (ग) पीवरी
85. (क) शुक्लं

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मेदामहामेदानामगुणाः

मेदा ज्ञेया शालपर्णी[86] वृष्या मेदोभवा धरा[87] ।
महामेदा वसुच्छिद्रा त्रिदन्ता[88] दैवतामणिः[89]।। 76 ।।

मेदायुगं[90] गुरु स्वादु वृष्यं स्तन्यं कफापहम् ।
[8V.] बृंहणं शीतलं पित्तरक्तक्षयंसमीरनुत् [91] ।। 77 ।।

Medā

Syn. : *Medā, śālaparṇī, vṛṣyā, medobhavā* and *dharā.*

Mahāmedā

Syn. : Mahāmedā, vasucchidrā, tridantā and *daivatāmaṇi.*

Medā and Mahāmedā

Taste : Sweet.

Attribute: Heavy.

Potency : Cold.

Specific action : Aphrodisiac, promoters of breast-milk and nourishment, and alleviators of *kapha* and *vāyu.*

Therapeutic usage : Cure *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kṣaya* (consumption).

[I. 76 – 77]

जीवकर्षभकनामगुणाः

जीवको मधुरः शृङ्गी ह्रस्वाङ्गः कूर्चशीर्षकः[92]।
ऋषभो वीर इन्द्राक्षो विषाणी[93] दुर्द्धरो वृषः ।। 78 ।।

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86. (क) शल्पपर्णी (ग)शालिपर्णी 87. (क) (ग) ध्वरा 88. (क) नृदन्ता (ग) त्रिदन्ती
89. (ग) देवतार्माणः 90. (क) मेदायुग्मं 91. (ख) रक्तं पित्तक्षयं
92. (क) कर्षसार्धकः 93. (क) वृषणी

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जीवकर्षभकौ बल्यौ शीतौ शुक्रकफप्रदौ ।
हरतः पित्तदाहास्रकासवातक्षयामयान् ।। 79 ।।

Jīvaka

Syn. : *Jīvaka, madhura, śṛṅgī, hrasvāṅga* and *kūrcaśīrṣaka.*

Ṛṣabha

Syn. : *Ṛṣabha, vīra, indrākṣa, viṣāṇī, durdhara* and *vṛṣa.*

Jīvaka and Ṛṣabhaka

Potency : Cold.

Specific action : Promoters of strength and semen, and alleviators of *pitta* and *vāyu.*

Therapeutic usage : Cure *dāha* (burning syndrome), vitiation of blood, *kāsa* (cough) and *kṣaya* (consumption).

[I. 78 – 79]

अष्टवर्गनामगुणाः

अष्टवर्गोऽष्टभिर्द्रव्यैरेतैः शीतोऽतिशुक्रलः ।
बृंहणः पित्तदाहास्रशोषघ्नः[94] स्तन्यगर्भकृत् ।। 80 ।।

अष्टवर्गाः

Aṣṭavarga (Group of Eight Drugs)

These eight drugs, namely, *ṛddhi, vṛddhi, kākolī, kṣīra kākolī, medā, mahā medā, jīvaka* and *ṛṣabhaka,* taken together are known as *aṣṭavarga.*

Potency : Cold.

Specific action : Promotes semen, nourishment and lactation, alleviates *pitta* and helps in conception.

Therapeutic usage : Cures *dāha* (burning syndrome), vitiated blood and *śoṣa* (consumption).

[I. 80]

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94. (क) पित्तवाता०

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जीवन्तीनामगुणाः

जीवन्ती जीवनी जीवा जीवनीया यशस्करी ।
शाकश्रेष्ठा जीवभद्रा माङ्गल्या जीववर्द्धनी ।। 81 ।।

जीवन्ती शीतला स्वादुः स्निग्धा दोषत्रयापहा ।
रसायनी बलकरी चक्षुष्या ग्राहिणी लघुः ।। 82 ।। [9R.]

Jīvantī (Leptadenia reticulata)

Syn. : Jīvantī, jīvanī, jīvā, jīvanīyā, yaśaskarī, śākaśreṣṭhā, jīvabhadrā, māṅgalyā and *jīva varddhanī.*

Taste : Sweet.

Attributes : Unctuous and light.

Potency : Cold.

Specific action : Rejuvenating, promoter of strength, useful for eyes, constipative and alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

[I. 81 – 82]

मधुयष्टीनामगुणाः

मधुयष्टी क्लीतनकं यष्टीमधु मधूलिका ।
यष्ट्याह्वं मधुकं यष्टिमधूकं जलजा मधु ।
मधुयष्टी गुरुः शीता बल्या तृट्छर्दिपित्तजित् ।। 83 ।।

जाठीमधुनामगुणाः

Madhuyaṣṭī (Glycyrrhiza glabra)

Syn. :Madhuyaṣṭī, klītanaka, yaṣṭīmadhu, madhūlikā, yaṣṭyāhva, madhuka, yaṣṭimadhūka, jalajā and *madhu.*

Attributes : Heavy.

Potency : Cold.

Specific action : Strength-promoter and alleviator of *pitta.*

Therapeutic usage : Cures *tṛṭ* (morbid thirst) and *chardi* (vomiting).

[I. 83]

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माषपर्णीमुद्गपर्णीनामगुणाः

माषपर्णी कृष्णवृन्ता[95] काम्बोजी हयपुच्छिका ।
मांसमाषा सिंहमुखी स्वादुमाषा महासहा ।। 84।।

मुद्गपर्णी क्षुद्रसहा सूर्यपर्णी कुरङ्गिणी ।
वनजा रिङ्गिणी शिम्बी सिंही मार्जारगन्धिका ।। 85 ।।

माषपर्णी हिमा तिक्ता रूक्षा शुक्रबलासकृत् ।
मधुरा ग्राहिणी शोषवातपित्तज्वरास्रनुत् । [9V.]
तद्वद्भवेन्मुद्गपर्णी तृड्दोषार्शोहरा[96] लघुः ।। 86 ।।

मुद्गपर्णीनामगुणाः

Māṣaparṇī (Teramnus labialis)

Syn. *:Māṣaparṇī, kṛṣṇavṛntā, kāmbojī, hayapucchikā, māṃsamāṣā, siṃhamukhī, svādumāṣā* and *mahāsahā.*

Taste : Sweet and bitter.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Constipative, promoter of semen, and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *śoṣa* (consumption), *jvara* (fever) and vitiation of blood.

Note : It aggravates *kapha.*

Mudgaparṇī (Phaseolus trilobus)

Syn. *:Mudgaparṇī, kṣudrasahā, sūryaparṇī, kuraginī, vanajā, riṅgiṇī, śimbī, siṃhī* and *mārjāragandhikā.*

Attribute : Light.

Therapeutic usage : Cures *tṛṭ* (morbid thirst) and *arśas* (piles).

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95. (क) कृष्णदन्ता 96. (क) त्रिदोषार्शोहरा

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Note : *Mudgaparnī* is similar to *māṣaparṇī* in other properties.

[I. 84 – 86]

जीवनीयगणनामगुणाः

जीवन्ती सूपपर्णीयुक् काकोल्यौ जीवकर्षभौ ।
मेदे यष्टीति मधुरो जीवनीयगणो गुरुः ।। 87 ।।

शुक्रकृद् बृंहणः शीतः स्तन्यगर्भकफप्रदः ।
रक्तपित्ततृषाशोषज्वरदाहक्षतापहः ।। 88 ।।

Jīvanīya Gaṇa (Group of Drugs Having Life-Giving Property)

The group of *jīvantī, sūpaparṇī, mudgaparṇī, kākolī, kṣīra kākolī, jīvaka, ṛṣabhaka, medā, mahā medā* and *yaṣṭī* is known as *Jīvanīya gaṇa.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Promoter of *śukra* (semen) and breast-milk, and nourishing. It helps in conception.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *tṛṣā* (morbid thirst), *śoṣa* (consumption), *jvara* (fever), *dāha* (burning syndrome) and *kṣata* (phthisis).

Note : It aggravates *kapha.*

[I. 87 – 88]

एरण्डरक्तैरण्डनामगुणाः

एरण्डो दीर्घदण्डः स्यात्तरुणो वर्द्धमानकः ।
चित्रः पंचाङ्गुलो व्याघ्रपुच्छो गन्धर्वहस्तकः ।। 89 ।। [10R.]

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रक्तैरण्डो हस्तिकर्णो व्याघ्रो व्याघ्रतरो[97] लघुः[98] ।
उत्तानपत्र उरबुर्वातवैरी च चंचुलः[99] ।। 90 ।।

एरण्डयुग्मं मधुरमुष्णं गुरु विनाशयेत् ।
शूलशोफकटीबस्तिशिरःपीडोदरज्वरान् ।। 91 ।।

ब्रध्नश्वासकफानाहकासकुष्ठाममारुतान् ।
तत्फलं भेदनं स्वादु क्षारमुष्णं समीरजित् ।। 92 ।।

एरण्डनामगुणाः

Eraṇḍa (Ricinus communis)

Syn. : Eraṇḍa, dīrghadaṇḍa, taruṇa, varddhamānaka, citra, pañcāṅgula, vyāghrapuccha and *gandharvahastaka.*

Rakta Eraṇḍa (Red Variety of Ricinus communis)

Syn. :Raktairaṇḍa, hastikarṇa, vyāghra, vyāghratara, laghu, uttānapatra, urabu, vātavairī and *cañcula.*

Eraṇḍa and Rakta Eraṇḍa

Taste : Sweet.

Attribute : Heavy.

Potency : Hot.

Speicfic action : Alleviate *kapha.*

Therapeutic usage : Cure *śūla* (colic pain), *śopha* (oedema), pain in *kaṭī* (lumbar region), *basti* (pelvic region) and head, *udara* (obstinate abdominal diseases including ascites), *jvara* (fever), *bradhna* (enlargement of lymph gland in the groin), *śvāsa* (asthma), *ānāha* (constipation), *kāsa* (cough), *kuṣṭha* (obstinate skin diseases including leprosy) and *āmavāta* (rheumatism).

Fruit

Taste : Sweet.

Potency : Hot.

Specific action : *Bhedana* (purgative) and alleviator of *vāyu.*

Note : It is an alkaline.

[I. 89 – 92]

97. (क) (ग) व्याघ्रतलो 98. (ख) रुबुः 99. (ख) चुंचुला (ग) चुंचुलुः

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श्वेतशारिवाकृष्णशारिवागुणाः

शारिवा शारदाऽऽस्फोता गोपकन्या प्रतानिका ।
गोपाङ्गना गोपवल्ली लताह्वा काष्ठशारिवा ।। 93 ।।

शारिवाऽन्या कृष्णमूला[100] भद्र[101]चन्दनशारीवा ।
भद्रा चन्दनगोपा च चन्दना कृष्णवल्ल्यपि ।। 94 ।।

शारिवायुगलं स्वादु स्निग्धं शुक्रकरं गुरु । [10V.]
अग्निमान्द्यारुचिश्वासवमिकासतृष्णापहम् ।
दोषत्रयास्रप्रदरज्वरातीसारनाशनम् ।। 95 ।।

सारिवाद्वयनामगुणाः

Śveta Śārivā (White Variety of Hemidesmus indicus)

Syn. :Śārivā, śāradā, āsphotā, gopakanyā, pratānikā, gopāṅganā, gopavallī, latāhvā and *kāṣṭha śārivā.*

Kṛṣṇa Śārivā (Black Variety of Hemidesmus indicus)

Syn. : Kṛṣṇamūlā, bhadracandana śārīvā, bhadrā, candanagopā, candanā and *kṛṣṇavallī.*

Śveta and Kṛṣṇa Śārivā

Taste : Sweet.

Attributes : Unctuous and heavy.

Specific action : Alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cure *agnimāndya* (suppression of the power of digestion), *aruci* (anorexia), *śvāsa* (asthma), *vami* (vomiting), *kāsa* (cough), *tṛṣā* (morbid thirst), vitiation of blood, *pradara* (menorrhagia), *jvara* (fever) and *atisāra* (diarrhoea).

[I. 93 – 95]

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100. (ख) (ग) कृष्णमूली

101. (क) भद्रा चन्दनशारीवा

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यवासधन्वयासनामगुणाः

यासो मरुद्भवोऽनन्तो दीर्घमूलो यवासकः ।
बालपत्रः समुद्रान्तो दूरमूलोऽतिकण्टकः[102] ।
धन्वयासस्ताम्रमूली दुःस्पर्शा स्याद् दुरालभा ।। 96 ।।

यासकः कच्छुरा ताम्रमूली धन्वयवासकः[103] ।। 97 ।।

यासः स्वादुरसस्तिक्तो हिमः पित्तहरो लघुः ।
हन्ति रक्तकफभ्रान्तिस्तद्वद् धन्वयवासकः ।। 98 ।।

दुरालभानामगुणाः

Yavāsa (Alhagi pseudalhagi)

Syn. : Yāsa, marudbhava, ananta, dīrghamūla, yavāsaka, bālapatra, samudrānta, dūramūla, atikaṇṭaka, dhanvayāsa, tāmramūlī, duḥsparśā and *durālabhā.*

Dhanvayāsaka (Fagonia arabica)

Syn. : Yāsaka, kacchurā, tāmramūlī and *dhanvayavāsaka.*

Yavāsa and Dhanvayāsaka

Taste : Sweet and bitter.

Attribute : Light.

Potency : Cold.

Specific action : Alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures vitiation of blood and *bhrānti* (giddiness).

[I. 96 – 98]

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102. (क) दूरमूलो त्रिकण्टकः
103. (क) दुरालम्भा यासकश्च कच्छुरा धन्वयासकः ।

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मुण्डीनामगुणाः

मुण्डी भिक्षुः परिव्राजी[104] पावनी[105] स्यात्तपोधनी[106] ।
श्रावणी श्रीमती मुण्डी[107] तिक्ता श्रावणशीर्षका ।। 99 ।। [11R.]

मुण्डी तिक्ता कटुः पाके वीर्योष्णा[108] मधुरा लघुः ।
मेध्या गण्डापचीकृच्छ्रकृमियोन्यर्तिपाण्डुजित्[109] ।। 100 ।।

Muṇḍī (Sphaeranthus indicus)

Syn. : *Muṇḍī, bhikṣu, parivrājī, pāvanī, tapodhanī, śrāvaṇī, śrīmatī, tiktā* and *śrāvaṇaśīrṣakā.*

Taste : Bitter and sweet.

Attribute : Light.

Potency : Hot.

Vipāka : Pungent.

Specific action : Promotes wisdom.

Therapeutic usage : Cures *gaṇḍa* (goitre), *apacī* (cervical adenitis), *kṛcchra* (dysuria), *kṛmi* (parasitic infestation), *yoni roga* (diseases of female genital organ) and *pāṇḍu* (anemia).

[I. 99 – 100]

महामुण्डीभूमिकदम्बनामगुणाः

महामुण्डी लोभनीया[110] छिन्नग्रन्थिनिका स्मृता ।
[111]भूतवृक्षः कुलहलो लम्बुशालूः[112] कदम्बकः[113] ।
कदम्बपुष्पो[114] मुण्डीवद्गुणैर्भूमिकदम्बकः[115] ।। 101 ।।

महामुण्डीनामगुणाः

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104. (क) गरिव्राजी 105. (क) श्रावणी 106. (ख) तपोधना 107. (ग) मुण्डा
108. (ख) वार्ये च 109. "श्लीपदारुच्यपस्मारप्लीहमेदोगुदार्त्तिहृत्" ।
110. (क) लोमनीया पाठोऽयं ग पुस्तके अधिकमुपलभ्यते ।
111. (ग) भूतवृक्षा कुलहलाऽलम्बुशाभुकदम्बिका 112. (क) लम्बुशा
113. (क) भूकदम्बकः 114. (ग) कदम्बपुष्पी 115. (ग) कदम्बिका

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Mahāmuṇḍī (A Type of Sphaeranthus indicus)

Syn. : *Mahāmuṇḍī, lobhanīyā, chinnagranthinikā, bhūtavṛkṣa, kulahala, lambuśālū, kadambaka* and *kadambapuṣpa.*

Note : Bhūmikadamba (mahā muṇḍī) shares the properties of muṇḍī.

[I. 101]

अपामार्गनामगुणाः

अपामार्गस्तु शिखरी किणिही खरमंजरी ।
अधःशल्यः[116] शैखरिकः प्रत्यक्पुष्पी[117] मयूरकः[118] ॥ 102 ॥

अपामार्गः सरस्तीक्ष्णो[119] दीपनः कफवातजित् । [11V.]
निहन्ति दद्रुसिध्मार्शःकण्डुशूलोदरापचीः[120] ॥ 103 ॥

Apāmārga (Achyranthes aspera)

Syn. : *Apāmārga, śikharī, kiṇihī, kharamañjarī, adhaḥśalya, śaikharika, pratyakpuṣpī* and *mayūraka.*

Attribute : Tīkṣṇa (sharp).

Action : Dīpana (digestive stimulant).

Specific action : Laxative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *dadru* (ring worm), *sidhma* (a type of leucoderma), *arśas* (piles), *kaṇḍu* (itches), *śūla* (colic pain), *udara* (obstinate abdominal diseases including ascites) and *apacī* (cervical adenitis).

[I. 102 – 103]

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116. (क) अवशल्यः
117. (ख) प्रत्यक्पुष्पी (ग) प्रत्यकपुष्पा
118. (ख) मयूरका
119. (क) तिक्तो
120. (ख) ०दरारुचीः

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रक्तापामार्गनामगुणाः

अन्यो रक्तो वृन्तफलो वशिरः कपिपिप्पली ।
अपामार्गोऽरुणो वातविष्टम्भी कफनाशनः ।
ऊनः पूर्वगुणै रूक्षस्तत्पत्रं रक्तपित्तनुत् ।। 104 ।।

Raktāpāmārga (Achyranthes aspera –, Red Variety)

Syn. : Rakta, vṛntaphala, vaśira and *kapipippalī.*

Attribute : Ununctuous.

Specific action : Alleviates *kapha.*

Therapeutic usage : Its leaf cures rakta pitta (a disease characterised by bleeding from different parts of the body).

Note : i) It is aggravator of vāyu , and viṣṭambhī (which causes the wind formation in the stomach).

ii) It is inferior in its qualities than apāmārga.

[I. 104]

काम्पिल्यनामगुणाः[121]

काम्पिल्यो[122] रेचनो रक्तचूर्णको व्रणशोधनः ।
लोहितो रक्तशमनो रेची रंजनको मतः ।। 105 ।।

काम्पिल्या[123] कफपित्तास्रकृमिगुल्मोदरव्रणान् ।
हन्ति रेची कटूष्णं च तच्छाकं ग्राहि शीतलम् ।। 106 ।।

कम्पिल्लीनामगुणाः

Kāmpilya (Mallotus philippinensis)

Syn. : Kāmpilya, recana, raktacūrṇaka, vraṇaśodhana, lohita, rakta śamana, recī and rañjanaka.

Taste : Pungent.

Potency : Hot.

Specific action : Laxative and alleviater of *kapha.*

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121. (ग) कम्पिल्ल० 122. (क) (ग) कम्पिल्लो 123. (क) (ग) कम्पिल्लः

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Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *kṛmi* (parasitic infestation), *gulma* (phantom tumour), *udara* (obstinate abdominal diseases including ascites) and *vraṇa* (ulcer).

Śāka (Leaf used in the Form of Vegetable)

Potency : Cold.

Specific action : Constipative.

[I. 105 – 106]

दन्तीनामगुणाः

दन्ती गुणप्रिया[124] नागदन्ती शीघ्रानुकूलकः[125] ।
उपचित्राऽनुकुम्भी[126] स्याद्विशल्योदुम्बरच्छदा ।। 107 ।।

[12R.] आखुपर्णी[127] वृषैरण्डी[128] द्रवन्ती सर्वरी[129] मता ।
मूषकाह्वा[130] सुतश्रेणी प्रत्यक्श्रेणी च फंजिका[131] ।। 108 ।।

दन्तीद्वयं सरं पाकरसयोः कटु दीपनम् ।
तीक्ष्णोष्णं हन्ति पित्तासृक्[132]कफशोफोदरकृमीन्[133] ।। 109 ।।

दन्तीद्वयनामगुणाः

Dantī (Baliospermum montanum)

Syn. : *Dantī, guṇapriyā, nāgadantī, śīghrānukūlaka, upacitrā, anukumbhī, viśalyā, udumbaracchadā, ākhuparṇī, vṛṣairaṇḍī.*

Dravantī (A Variety of Dantī)

Syn. : *Sarvarī, mūṣakāhvā, sutaśreṇī, pratyakśreṇī* and *phañjikā.*

Both the Varieties of Dantī

Taste : Pungent.

Attribute : *Tīkṣṇa* (sharp).

Potency : Hot.

---

124. (ग) घुणप्रिया 125. (ग) ०कूलका 126. (क) उपचित्राणि कुम्भाः
127. (क) आखुकर्णी 128. (क) वृषैरण्डा 129. (क) (ग) सम्बरि
130. (क) ऊषणाह्वा 131. (क) पंजिका 132. (ग) पित्तास्र०
133. (ख) ०शोफोदरान् कृमीन्

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Vipāka : Pungent.

Action : Digestive stimulant.

Specific action : Laxative and alleviators of *kapha.*

Therapeutic usage : Cure *rakta pitta* (a disease characterised by bleeding from different parts of the body), *śopha* (oedema), *udara* (obstinate abdominal diseases including ascites) and *kṛmi* (parasitic infestation).

[I. 107 - 109]

जयपालनामगुणाः

जयपालो दन्तिबीजं ख्यातं तत्तित्तिरीफलम् ।
जयपालो गुरुः स्निग्धो रेची पित्तकफापहः ।। 110 ।।

Jayapāla (Croton tiglium)

Syn. : *Jayapāla, dantibīja* and *tittirīphala.*

Attributes : Heavy and unctuous.

Specific action : Laxative and alleviator of *pitta* and *kapha.*

[I. 110]

श्वेतत्रिवृन्नामगुणाः

त्रिवृत्कुम्भोऽरुणा[134] त्र्यस्रभण्डी[135] कूटरवाहिनी[136] ।
सर्वानुभूतिस्त्रिवृता त्रिपुटा सरला सिता[137] ।। 111 ।।

त्रिवृत् तिक्ता सरा रूक्षा स्वादुरुष्णा समीरकृत्[138] ।
कटुः पाके ज्वरश्लेष्मपित्तशोफोदरापहा ।। 112 ।।

Śveta Trivṛt (Operculina turpethum)

Syn. : *Trivṛt, kumbha, aruṇā, tryasrabhaṇḍī, kūṭaravāhinī, sarvānubhūti, trivṛtā, tripuṭā, saralā* and *sitā.*

Taste : Bitter and sweet.

Attribute : Ununctuous.

---

134. (क) अरुणी (ग) ०कुम्भाऽरुणा 135. (क) (ग) तिम्रा 136. (ग) कोटरवासिनी
137. (क) शिवा 138. (क) समीरनुत्

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Potency : Hot.

Vipāka : Pungent.

Specific action : Laxative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *jvara* (fever), *śopha* (oedema) and *udara* (obstinate abdominal diseases including ascites).

Note : It aggravates *vāyu.*

[I. 111 – 112]

कृष्णत्रिवृन्नामगुणाः

त्रिवृत्काला कालमेषी कालपर्ण्यर्द्धचन्द्रिका ।
सुखेना स्यान्मालविका मसूरं विदलान्विता[139] ।। 113 ।।

[12 V.] त्रिवृत्काला हीनगुणा तस्यास्तीव्रविरेचिनी ।
मूर्च्छादाहमदभ्रान्तिवान्तिकर्षण[140]कारिणी ।। 114 ।।

श्यामात्रिवृतानामगुणाः

Kṛṣṇa Trivṛt (Black Variety of Operculina turpethum)

Syn. : *Trivṛt, kālā, kālameṣī, kālaparṇī, arddha candrikā, sukhenā, mālavikā, masūra* and *vidalā.*

Specific action : Strong purgative.

Note : i) It is inferior in qualities than *śveta trivṛt.*

ii) It causes *mūrcchā* (unconsciousness), *dāha* (burning sensation), *mada* (alcoholism), *bhrānti* (giddiness), *vānti* (vomiting) and emaciation.

[I. 113 – 114]

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139. (क) सुषेणी स्यान्मलिचिका मसूरविदला मता
(ग) शुषेना स्यान्मालविका मसूरविदला मता
140. (क) (ग) ०मदकण्ठोत्कर्षणकारिणी

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इन्द्रवारुणीनामगुणाः

इन्द्रवारुण्यथेन्द्राह्वा[141] वृषभाक्षी गवादिनी ।
ऐन्द्रवारुः क्षुद्रफला विशालेन्द्री वृषादिनी[142] ।। 115 ।।

अन्येन्द्रवारुणी

अन्येन्द्रवारुणी चित्रफला चित्रमहाफला[143] ।
आत्मरक्षा नागदन्ती त्रपुषी[144] गजचिर्भटी ।। 116 ।।

श्वेतपुष्पी मृगाक्षी च तथा पक्षसुरा[145] मता ।
मरुद्भवा कृमिगुहा चित्रदेवी च कीर्तिता ।। 117 ।।

ऐन्द्रवारुद्वयं तिक्तं कटु पाके सरं लघु ।
वीर्योष्णं कामलापित्तकफ[146]प्लीहोदरापहम् ।। 118 ।।

इन्द्रवारुणीद्वयम्

Indravāruṇī (Citrullus colocynthis)

Syn. *: Indravāruṇī, indrāhavā, vṛṣabhākṣī, gavādinī, aindravāru, kṣudraphalā, viśālā, indrī* and *vṛṣādinī.*

Variety of Indravāruṇī

Syn. *: Citraphalā, citramahāphalā, ātmarakṣā, nāgadantī, trapuṣī, gajacirbhaṭī, śveta puṣpī, mṛgākṣī, pakṣasurā, marudbhavā, kṛmiguhā* and *citradevī.*

Both the Varieties of Indravāruṇī

Taste : Bitter.

Attribute : Light.

Potency : Hot.

Vipāka : Pungent.

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141. (क) (ख) (ग) ०ह्वं
142 (क) विशादनी, (ग) वृषादनी
143. (ग) ०त्रा
144. (क) त्रिपुटी
145. (ग) यक्षसुरा
146. (क) ०पित्तशोफ०

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Specific action : Laxative and alleviator of *pitta* and *kapha*.

Therapeutic usage : Cures *kāmalā* (jaundice), *plīhā* (splenic disorder) and *udara* (obstinate abdominal diseases including ascites).

[I. 115 - 118]

आरग्वधनामगुणाः

आरग्वधो राजवृक्षः शम्पाकः[147] कृतमालकः ।
व्याधिघातः कर्णिकारः प्रग्रहश्चतुरङ्गुलः ।। 119 ।।

आरोग्यशिम्बी स्वर्णाटः[148] कर्णो दीर्घफलो मतः ।
कुण्डली[149] *हिमपुष्पा*[150] *च कलिख्यातो*[151] *नृपद्रुमः ।। 120 ।।*

स्वर्ण[152]*शेफालिका श्यावा कुष्ठसूदननाम तत् ।*
स्वर्णस्थाल्पा पित्तला च सुवर्णद्रुम ईरितः ।। 121 ।।

आरग्वधो गुरुः स्वादुः शीतलो मृदुरेचनः । [13R.]
ज्वरहृद्रोगपित्तास्रवातोदावर्त्तशूलजित् ।। 122 ।।

सुनारीनामगुणाः

तत्पुष्पं वातलं ग्राहि तिक्तं पित्तकफापहम् ।
तन्मज्जा मधुरः[153] *पाके तिक्तः*[154] *पित्तसमीरजित् ।। 123 ।।*

Āragvadha (Cassia fistula)

Syn. : *Āragvadha, rājavṛkṣa, śampāka, kṛtamālaka, vyādhighāta, karṇikāra, pragraha, caturaṅgula, ārogya śimbī, svarṇāṭa, karṇa, dīrghaphala, kuṇḍalī, himapuṣpā, kalikhyāta, nṛpadruma, svarṇaśephālikā, śyāvā, kuṣṭhasūdana, svarṇasthālpā, pittalā* and *suvarṇadruma.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

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147. (ख) शम्याकः 148. (ग) स्वर्णाङ्गः
149. (ग) कुण्डलो 150. (ग) हेमपुष्पश्च 151. (ग) कलिघातो
152. "स्वर्ण.....ईरितः" पाठोऽयं ग पुस्तके नोपलभ्यते । 153. (ग) मधुरा
154. (ग) स्निग्धा

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Specific action : Mild purgative and alleviator of *vāyu.*

Therapeutic usage : Cures *jvara* (fever), *hṛdroga* (heart disease), *rakta pitta* (a disease characterised by bleeding from different parts of the body), *udāvartta* (upward movement of wind in the abdomen) and *śūla* (colic pain).

Flower

Taste : Bitter.

Specific action : Constipative and alleviator of *pitta* and *kapha.*

Note : Aggravates *vāyu.*

Pulp

Taste : Bitter.

Vipāka : Sweet.

Specific action : Alleviator of *pitta* and *vāyu.*

[I. 119 – 123]

नीलिनी(कालादाना)नामगुणाः

नीलिनी नीलिका ग्राम्या श्रीफला भारवाहिनी ।
रंजनी कलिका[155] मेला तूणी रूक्षा[156] विशोधिनी ।। 124 ।।

नीलिनी रेचनी तिक्ता केश्या मोहभ्रमापहा ।
उष्णा हन्त्युदरप्लीहवातरक्त[157]कफानिलान् ।। 125 ।।

Nīlinī (Indigofera tinctoria)

Syn : *Nīlinī, nīlikā, grāmyā, śriphalā, bhāravāhinī, rañjanī, kalikā, melā, tūṇī, rūkṣā* and *viśodhinī.*

Taste : Bitter.

Potency : Hot.

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155. (क) कालका (ग) कालिका

156. (क) तुथ्यविशोधिनी (ग) तुच्छा विशोधनी

157. (ख) ०वातपित्तकफा०

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Specific action : Purgative, promoter of hair and alleviator of *kapha* and *vāyu.*

Therapeutic usage: Cures *moha* (unconsciousness), *bhrama* (giddiness), *udara* (obstinate abdominal diseases including ascites), *plīhan* (splenic disorder) and *vāta rakta* (gout).

[I. 124 – 125]

कटुकीनामगुणाः

कटुकी[158] रोहिणी तिक्ता चक्राङ्गी कटुरोहिणी ।
मत्स्यपित्ता पाण्डुरुहा[159] कृष्णभेदा द्विजाङ्गिका ।
अशोकरोहिणी[160] मत्स्या सुकुला[161] सकुलादिनी ।। 126 ।।

कटुकी कटु पाके च तिक्ता रूक्षा सरा लघुः ।
हिमा हन्ति वमि[162]श्वासदाहपित्तकफज्वरान् ।। 127 ।।

Kaṭukī (Picrorhiza kurroa)

Syn. : Kaṭukī, rohiṇī, tiktā, cakrāṅgī, kaṭurohiṇī, matsyapittā, pāṇḍuruhā, kṛṣṇabhedā, dvijāṅgikā, aśokarohiṇī, matsyā, sukulā and *sakulādinī.*

Taste : Pungent.

Attributes : Ununctuous and light.

Potency : Cold.

Vipāka : Bitter.

Specific action : *Sara* (laxative) and alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures *vami* (vomiting), *śvāsa* (asthma), *dāha* (burning syndrome) and *jvara* (fever).

[I. 126 – 127]

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158. (क) कटुका
159. (क) काण्डरुहा
160. (ख)अशोका रोहिणी
161. (ग) सकला
162. (क) कृमि०

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अंकोल्लकनामगुणाः

अंकोल्ल[163]कस्ताम्रफलः पीतसारो निरोचकः[164] ।
[13V.] गुप्तस्नेहो विरेची स्याद् भूषितो[165] दीर्घकीलकः ।। 128 ।।

अंकोल्लकः कटुः स्निग्धस्तीक्ष्णोष्णस्तुवरो लघुः ।
रेचनः कृमिशूलामशोफश्लेष्मविषापहः[166] ।। 129 ।।

तत्फलं शीतलं स्वादु श्लेष्मलं[167] बृंहणं गुरु ।
बल्यं विरेचनं वातपित्तदाहक्षयान्नजित् ।। 130 ।।

अंकोलनामगुणाः

Aṅkollaka (Alangium lamarckii)

Syn. : *Aṅkollaka, tāmraphala, pītasāra, nirocaka, gupta sneha, virecī, bhūṣita* and *dīrghakīlaka.*

Taste: Pungent and astringent.

Attributes : Light, unctuous and *tīkṣṇa* (sharp).

Potency : Hot.

Specific action: Purgative and alleviator of *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *śūla* (colic pain), *āma* (a product of improper digestion and metabolism), *śopha* (oedema) and *viṣa* (poisoning).

Fruit

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Nourishing, strength-promoting, purgative and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *dāha* (burning syndrome), *kṣaya* (consumption) and vitiation of blood.

Note : It aggravates *kapha.*

[I. 128 – 130]

163. (क) अङ्कोलक० 164. (क) निकोचकः 165. (क) भुज्जयता (ग) भूसुतो
166. (क) ०श्लेष्मानिलापहः 167. (क) श्लेष्मघ्नं

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सेहुंडनामगुणाः

सेहुण्डो वज्रतुण्डस्तु गण्डीरो[168] वज्रदण्डकः[169] ।
स्नुही समन्तदुग्धासिपत्रो[170] वज्री[171] महातरुः ।। 131 ।।

सेहुण्डो रेचनस्तीक्ष्णो दीपनः कटुको गुरुः ।
शूलामाष्ठीलिकाध्मानगुल्मशोफोदरानिलान् ।
हन्ति दूषीविषप्लीहकुष्ठोन्मादाश्मपाण्डुताः ।। 132 ।।

सिह्नुनामगुणाः

Sehuṇḍa (Euphorbia neriifolia)

Syn. : *Sehuṇḍa, vajratuṇḍa, gaṇḍīra, vajradaṇḍaka, snuhī, samantadugdha, asipatra, vajrī* and *mahātaru.*

Taste : Pungent.

Attributes : *Tīkṣṇa* (sharp) and heavy.

Action : Digestive stimulant.

Specific action: Purgative and alleviator of *vāyu.*

Therapeutic usage : Cures *śūla* (colic pain), *āma* (a product of improper digestion and metabolism), *aṣṭhīlikā* (stony tumour in the abdomen), *ādhmāna* (flatulence), *gulma* (phantom tumour), *śopha* (oedema), *udara* (obstinate abdominal diseases including ascites), *dūṣīviṣa* (artificial poison), *plīhan* (splenic disorder), *kuṣṭha* (obstinate skin diseases including leprosy), *unmāda* (insanity), *aśma* (stone in urinary tract) and *pāṇḍutā* (anemia).

[I.131 - 132]

निम्बनामगुणाः

निम्बो नियमनो नेताऽरिष्टः स्यात्पारिभद्रकः ।
सुतिक्तः सर्वतोभद्रः पिचुमन्दः प्रभद्रकः ।
कुष्ठहा देवदत्तश्च[172] रविसन्निभसूर्यकौ[173] ।। 133 ।।

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168. (ख) गाण्डीरो 169. (ख) वज्रकण्टकः 170. (ख) च समदुग्धो 171. (क) असिपत्रवज्री
172. (ग) पिचुमर्दश्च 173. (क) रविसन्निभसूपिकः (ग) कीरेष्टो यवनेष्टकः

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निम्बः शीतो लघुर्ग्राही कटुपाकोऽग्निवातकृत्[174] ।
व्रणपित्तकफच्छर्दिकुष्ठहल्लासमेहनुत् ।। 134 ।।

निम्बपत्रं स्मृतं नेत्र्यं कृमिपित्तविषप्रणुत्[175] ।
तत्फलं भेदनं स्निग्धमुष्णं कुष्ठहरं लघु ।। 135 ।।

अपक्वं पाचयेन्निम्बः पक्वं च परिशोधयेत्[176] ।। 136 ।।

लिम्बनामगुणाः

Nimba (Azadirachta indica)

Syn. : *Nimba, niyamana, netā, ariṣṭa, pāribhadraka, sutikta, sarvatobhadra, picumanda, prabhadraka, kuṣṭhahā, devadatta, ravisannibha* and *sūryaka.*

Attribute : Light.

Potency : Cold.

Vipāka : Pungent.

Specific action : Constipative, promoter of digestion and alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures *vraṇa* (ulcer), *chardi* (vomiting), *kuṣṭha* (obstinate skin diseases including leprosy), *hṛllāsa* (nausea) and *meha* (obstinate urinary disorders including dibetes).

Note: It suppresses an unsuppurated boil and helps in the bursting open of a suppurated one.

Leaf

Specific action : Useful for eyes and alleviator of *pitta.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation) and *viṣa* (poisoning).

Fruit

Attributes : Unctuous and light.

Potency : Hot.

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174. (क) अतिवातकृत् 175. वातलं कटुपाकं च सर्वारोचककुष्ठनुत्
176. (ख) परिशोषयेत् इति ग पुस्तके अधिको पाठः ।

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Specific action: Purgative.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy).

[I. 133 - 136]

महानिंबनामगुणाः

महानिम्बो निम्बकरः कामुको[177] विषमुष्टिकः ।
रम्यको गिरिकोऽद्रेकः क्षारः[178] स्यात् केशमुष्टिकः[179] ।। 137 ।।

महानिम्बो हिमो रूक्षस्तिक्तो ग्राही कषायकः ।
कफपित्तकृमिच्छर्दिकुष्ठहल्लासरक्तजित् ।। 138 ।। [14V.]

Mahānimba (Melia azedarach)

Syn. : *Mahānimba, nimbakara, kāmuka, viṣamuṣṭika, ramyaka, girika, adreka, kṣāra* and *keśamuṣṭika.*

Taste : Bitter and astringent.

Attributes : Ununctuous.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *chardi* (vomiting), *kuṣṭha* (obstinate skin diseases including leprory), *hṛllāsa* (nausea) and vitiation of blood.

[I.137 - 138] .

किराततिक्तनामगुणाः

किराततिक्तः कैरातो भूनिम्बो रामसेनकः ।
किरातकोऽन्यो नैपालो[180] नाडीतिक्तो ज्वरान्तकः ।
काण्डतिक्तो[181] ऽर्द्धतिक्तः स्यान्निद्रारिः सन्निपातहा ।। 139 ।।

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177. (ग) कार्मुको 178. (क) क्षीरः 179. "कैवर्त्तः शाकशालश्च गिरिपत्रः सुपार्श्वकः"
180. (ग) नैपालोऽनार्यतिक्तो पाठोऽयं ग पुस्तके अधिकमुपलभ्यते ।
181. (ख) कण्डुतिक्तो (ग) नाडीतिक्तो

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किरातो वातलो रूक्षः शीतलस्तिक्तको लघुः ।
सन्निपातज्वरश्वासकास[182]पित्तास्रदाहनुत्[183] ।। 140 ।।

चिराइतानामगुणाः

Kirātatikta (Swertia chirata)

Syn. : Kirāta tikta, kairāta, bhūnimba and *rāmasenaka.*

Variety of Kirātaka

Syn. : Naipāla, nāḍītikta, jvarāntaka, kāṇḍatikta, arddhatikta, nidrāri and *sannipātahā.*

Both the Varieties of Kirātati-kta

Taste : Bitter.

Attributes : Ununctuous and light.

Potency : Cold.

Specific action : Alleviator of *pitta.*

Therapeutic usage : Cure *sānnipātika jvara* (fever caused by the simultaneous aggravation of all the three *doṣas*), *śvāsa* (asthma), *kāsa* (cough), vitiated blood and *dāha* (burning syndrome).

Note : It is aggravator of *vāyu.*

[I. 139 –140]

कुटजनामगुणाः

कुटजो मल्लिकापुष्पः कलिंगो गिरिमल्लिका ।
वत्सकः कुटजः कोटिवृक्षकः शक्रभूरुहः ।। 141 ।।

तुच्छको वरतिक्तश्च कुटजा पाण्डुरद्रुमः ।
शतद्रुमो द्रुमःकोटि नीलयष्टि च मल्लिका ।। 142 ।।

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182. (क) ०श्वासकफ०

183. "सरो बलासतृट्कुष्ठव्रणशोथकृमिप्रणुत्"

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कुटजः कटुको रूक्षो दीपनस्तुवरो लघुः[184] ।
अर्शोऽतिसारपित्तास्रकफतृष्णामकुष्ठनुत् ।। 143 ।।

तत्पुष्पं वातलं शीतं तिक्तं पित्तातिसारजित् ।। 144 ।।

कोरुआंनामगुणाः

Kuṭaja (Holarrhena antidysenterica)

Syn. : *Kuṭaja, mallikāpuṣpa, kaliṅga, girimallikā, vatsaka, kuṭaja, koṭivṛkṣaka, śakrabhūruha, tucchaka, varatikta, kuṭajā, pāṇḍura druma, śatadruma, drumaḥ koṭi, nīlayaṣṭi* and *mallikā.*

Taste : Pungent and astringent.

Attributes : Ununctuous and light.

Action : *Dīpana* (digestive stimulant).

Specific action : Alleviator of *kapha.*

Therapeutic usage : Cures *arśas* (piles), *atisāra* (diarrhoea), *rakta pitta* (a disease characterised by bleeding from different parts of the body), *tṛṣṇā* (morbid thirst), *āma* (a product from improper digestion and metabolism) and *kuṣṭha* (obstinate skin diseases including leprosy).

Flower

Taste : Bitter.

Potency : Cold.

Therapeutic usage : Cures *pittātisāra* (diarrhoea caused by vitiated *pitta*).

Note : It is aggravator of *vāyu.*

[I. 141 - 144]

इन्द्रयवनामगुणाः

[15R.] ऐन्द्रयवस्तस्य फलं कालिंगं[185] कौटजो मतः ।
शक्राह्वः पुरुहूतश्च प्रोक्तो भद्रयवस्तथा ।। 145 ।।
ऐन्द्रयवस्त्रिदोषघ्नः संग्राही शीतलः कटुः ।
ज्वरातिसाररक्तार्शःकृमिवीसर्पकुष्ठनुत् ।। 146 ।।

184. (क) (ग) हिमः पाठोऽयं ग पुस्तके अधिकमुपलभ्यते । 185. (ख) कालिङ्गः

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Indrayava (Wrightia antidysenterica)

Syn. : *Aindrayava, aindra phala, kaliṅga, kauṭaja, śakrāhva, puruhūta* and *bhadrayava.*

Taste : Pungent.

Potency : Cold.

Specific action : Alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha*, and constipative.

Therapeutic usage : Cures *jvarātisāra* (diarrhoea associated with fever), *raktārśas* (bleeding piles), *kṛmi* (parasitic infestation), *visarpa* (erysipelas) and *kuṣṭha* (obstinate skin diseases including leprosy).

[I.145 – 146]

मदननामगुणाः

मदनश्छर्दनः पिण्डीराठः पिण्डान्तकं[186] फलम् ।
करहाटश्च तगरः[187] शल्यको विषपुष्पकः[188] ।। 147 ।।

मदनो [189]वमनस्तिक्तो वीर्योष्णो लेखनो लघुः ।
रूक्षः कुष्ठकफानाहशोफगुल्मव्रणापहः ।। 148 ।।

महणफलनामगुणाः

Madana (Randia dumetorum)

Syn. : *Madana, chardana, piṇḍīrāṭha, piṇḍāntaka phala, karahāṭa, tagara, śalyaka* and *viṣapuṣpaka.*

Taste : Bitter.

Attributes : Ununtuous and light.

Potency : Hot.

Specific action : Depleting and alleviator of *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including

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186. (ख) पैण्डीतकं (ग) पिण्डीतकः फलम्
187.(क) नगरः
188. "स्नेहपिण्डीतकश्चैव बस्तिशोधन एव च ।
छर्दनो वासमनश्चैव स च शालः प्रकीर्तितः"
189.(ग) वान्तिकृत्०

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leprosy), *ānāha* (flatulence), *śopha* (oedema), *gulma* (phantom tumour) and *vraṇa* (ulcer).

Note : It causes emesis.

[I. 147 – 148]

कंकुष्ठनाम्गुणाः

[190]कंकालकुष्ठं[191] कंकुष्ठं[192] रेचनं रंगनामकम्[193] ।
शोधनं[194] पुलहं[195] हासं[196] वराङ्गं कुंजवालुकम्[197] ।। 149 ।।

कंकुष्ठं रेचनं तिक्तं कटूष्णं[198] वर्णकारकम् ।
कृमिशोफोदराध्मानगुल्मानाहकफापहम् ।। 150 ।।

Kaṅkuṣṭha

Syn. : Kaṅkālakuṣṭha, kaṅkuṣṭha, recana, raṅganāmaka, śodhana, pulaha, hāsa, varāṅga and *kuñja vāluka.*

Taste : Bitter and pungent.

Potency : Hot.

Specific action : Purgative, promoter of complexion and alleviator of *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *śopha* (oedema), *udara* (obstinate abdominal diseases including ascites), *ādhmāna* (flatulence), *gulma* (phantom tumour) and *ānāha* (tympanitis).

[I. 149 – 150]

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190. (ग)कंकुष्ठंकालकुष्ठंच पाठोऽयं ग पुस्तके अधिकम् । रेचनं रङ्गनायकम्
191. (क) कङ्कुष्ठकं 192. (क) कालकुष्ठं 193. (क) रङ्गनायकम्
194. (क) शोभनं 195. (क) पुष्पकं 196. रासं
197. (क) (ग) किंजवालुकम् 198. (क) कदुष्णं

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चोषनामगुणाः

[15V.] हेमाह्वा कनकक्षीरी हेमपुष्पी[199] हिमावती ।
क्षीरिणी कांचनक्षीरी कटुपर्णी चिकर्षणी[200] ।
तिक्तदुग्धा हैमवती *पीतदुग्धा हिमाद्रिका*[201, 202] ।। 151 ।।

हेमाह्वा रेचनी तिक्ता मन्दाग्न्युत्क्लेदकारिणी[203] ।
कृमिकण्डुकफानाहविषकुष्ठविनाशिनी ।। 152 ।।

क्षीरकांचुलीनामगुणाः

Coṣa

Syn.: *Hemāhvā, kanakakṣīrī, hemapuṣpī, himāvatī, kṣīriṇī, kāñcanakṣīrī, kaṭuparṇī, cikarṣaṇī, tiktadugdhā, haimavatī, pītadughā* and *himādrikā.*

Taste : Bitter.

Specific action: Purgative and alleviator of *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *kaṇḍu* (itches), *ānāha* (constipation), *viṣa* (poisoning) and *kuṣṭha* (obstinate skin diseases including leprosy).

Note : i) It causes *mandāgni* (suppression of digestion).

ii) It produces *utkleda* (stickiness).

[I. 151 - 152]

सातलानामगुणाः

सातला विरला[204] सारी सप्तला[205] बहुफेनका ।
चर्मसाह्वा[206] चर्मकसा[207] फेना दीप्ता च नालिका ।। 153 ।।

सातला कटुका पाके वातला शीतला लघुः ।
तिक्ता शोथकफानाहपित्तोदावर्त्तरक्तजित् ।। 154 ।।

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199. (क) हेमदुग्धा 200. (क) च कार्ष्णिी (ग) च कर्षणी 201. (ग) हिमाद्रिजा
202. "हेमक्षीरी कांचनी च तन्मूलं चोक उच्यते" पाठोऽयं ग पुस्तके अधिकम्
203. (ग) मादिन्यु० 204. (क) विमला (ग) विदुला सारा
205. (ख) तत्फला 206. (ग) विमला तु 207. (ख) चर्मकासा

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Sātalā (Acacia concinna)

Syn. *:Sātalā, viralā, sārī, saptalā, bahuphenakā, carmasāhvā, carmakaṣā, phenā, dīptā* and *nalikā.*

Taste : Bitter.

Attribute : Laghu (light).

Potency : Cold.

Vipāka : Pungent.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *śotha* (oedema), *ānāha* (constipation), *udāvartta* (upward movement of wind in the abdomen) and vitiated *rakta* (blood).

Note : Aggravates *vāyu.*

[I. 153 – 154]

अश्मन्तकनामगुणाः

अश्मन्तो मल्लिकापत्रो[208] युग्मपत्रोऽम्लपत्रकः ।
श्लक्ष्णत्वगश्वयोनिः स्यात्कुशली पापनाशनः[209] ।। 155 ।।

अश्मन्तस्तुवरो ग्राही शीतोष्णः[210] कफवातजित् ।
निहन्ति गण्डमालास्रगलगण्डगलामयान् । [16R.]
तत्फलं लेखनं ग्राहि गुरु श्लेष्मानिलापहम्[211] ।। 156 ।।

आशेड़ीनामगुणाः

Aśmantaka

Syn. : *Aśmanta, mallikāpatra, yugmapatra, amla patraka, ślakṣṇatvak, aśvayoni, kuśalī* and *pāpanāśana.*

Taste : Astringent.

Potency : Hot and cold.

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208. (ख) मालुकापात्रो
209. "द्वितीयोऽश्मन्तकश्चैव गुणतस्तु स्मृतोऽन्यथा" पाठोऽयं ग पुस्तके अधिकम् ।
210. (क) तीक्ष्णो
211. "तन्मषी शस्त्रघाते तु श्रेष्ठा च व्रणरोपणे" पाठोऽयं ग पुस्तके अधिकम् ।

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Specific action : Constipative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *gaṇḍamālā* (enlarged cervical glands), *asra gala gaṇḍa* (goitre associated with bleeding) and *galāmaya* (throat diseases).

Fruit

Attribute : Heavy.

Specific action : Constipative, depleting and alleviator of *kapha* and *vāyu.*

[I. 155 - 156]

कांचनारनामगुणाः

कांचनारः कांचनकः पाकारी[212] रक्तपुष्पकः ।
कोविदारोऽस्य भेदः स्यात्कुद्दालः कुण्डली[213] कुली[214] ।
आस्फोतो दालकः[215] स्वल्पकेसरश्चमरी[216] मता ।। 157 ।।

कांचनारो हिमो ग्राही तुवरः श्लेष्मपित्तनुत् ।
कृमिकुष्ठगुदभ्रंशगण्डमालाव्रणापहः ।। 158 ।।

कोविदारोऽपि तद्वत्स्यात्पुष्पं शीतं तयोर्लघु ।
रूक्षं संग्राहि पित्तास्रप्रदरक्षतकासनुत् ।। 159 ।।

कांचननामगुणाः

Kāñcanāra (Bauhinia variegata)

Syn. : *Kāñcanāra, kāñcanaka, pākārī* and *rakta puṣpaka.*

Kovidāra (A Variety of Kāñcanāra)

Syn. : *Kuddāla, kuṇḍalī, kulī, āsphota, dālaka, svalpakesara* and *camarī.*

Kāñcanāra* and *Kovidāra

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212. (क) पाकानी 213. (ख) कुहली

214. "ताम्रपुष्पश्च मरिको महाषमलपत्रकः" पाठोऽयं ग पुस्तके अधिकम् ।

215. (ग) आस्फोतोद्दालकः 216. (ग) ०श्च कुलाहलः

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Taste : Astringent.

Potency : Cold.

Specific action: Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *kṛmi* (obstinate skin diseases including leprosy), *guda bhraṃśa* (prolapse rectum), *gaṇḍamālā* (enlarged cervical glands) and *vraṇa* (ulcer).

Flower

Attribute : Light and ununctuous.

Potency : Cold.

Specific action : Constipative and alleviators of *pitta.*

Therapeutic usage : Cure *rakta pradara* (menorrhagia), *kṣata* (phthisis) and *kāsa* (bronchitis).

[I. 157 – 159]

निर्गुण्डीद्वयनामगुणाः

निर्गुण्डी श्वेतकुसुमः सिन्दुकः[217] सिन्दुवारकः[218] ।। 160 ।।

भूतकेश्यपरो नीलसिन्दुकः[219] नीलपुष्पकः[220] ।
शेफालिका शीतभीरुर्वनको[221]ऽनिलमंजरी ।। 161 ।।

निर्गुण्डी स्मृतिदा तिक्ता कषाया कटुका लघुः ।। 162 ।।

केश्या नेत्रहिता हन्ति शूलशोथाममारुतान् ।
कृमिकुष्ठारुचिश्लेष्मव्रणान् नीलाऽपि तद्विधा ।। 163 ।।

बेगुनियानामगुणाः

Nirguṇḍī (Vitex negundo)

Syn.: Nirguṇḍī, śveta kusuma, sinduka and *sinduvāraka.*

Variety of Nirguṇḍī

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217. (क) सिन्धुकः 218. (क) सिन्धुवारकः
219. (क) नीलसिन्धुकः 220. (ख) पुष्पनीलकः 221. (ग) ०वर्णको

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Syn. : *Bhūtakeśī, nīla sinduka, nīla puṣpaka, śephālikā, śītabhīru, vanaka* and *anila mañjarī.*

Both the Varieties of Nirguṇḍī

Taste : Bitter, astringent and pungent.

Attribute : Light.

Specific action : Promoters of *smṛti* (memory) and hair, useful for eyes and alleviators of *vāyu* and *kapha.*

Therapeutic usage : Cure *śūla* (colic pain), *śotha* (oedema), *āma* (a product of improper digestion & metabolism), *kṛmi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy), *aruci* (anorexia) and *vraṇa* (ulcer).

[I. 160 - 163]

मेषश्रृंगीनामगुणाः

मेषश्रृंगी मेषवल्ली[222] सप्त[223]दंष्ट्राऽजश्रृंगिका[224] ।
अन्या तु दक्षिणवर्त्ता वृश्चिकाली विषाणिका[225] ।। 164 ।।

मेषश्रृंगी[226] रसे तिक्ता वातला कासनाशिनी ।
रूक्षा पाके कटुः पित्तव्रणश्लेष्माक्षिशूलनुत् ।। 165 ।।

Meṣaśṛṅgī (Rhus succedanea)

Syn. : *Meṣaśṛṅgī, meṣavallī, saptadaṃṣṭrā* and *ajaśṛṅgikā.*

Variety of Meṣaśṛṅgī

Syn. : *Dakṣiṇavarttā, vṛścikālī* and *viṣāṇikā.*

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222. (क) मेढ्रवल्ली 223. (क) (ग) सर्पदंष्ट्रा

224. "तिक्तदुग्धाक्षिभैषजं पुत्रश्रेणी विषाणिका । उष्ट्री लोमशपुष्पाप च" धीवृक्षा घनशृंगिका । विषघ्ना पादवृक्षश्च काली चक्षुष्य एव च ।। वामावर्त्ता विषहरी कालिका नेत्रभेषजा । सक्षीरा कर्कशा युग्मफला चोत्तरवाहिनी ।।" पाठोऽयं ग पुस्तके अधिकमुपलभ्यते ।

225. "अपरा वृश्चिकापत्री तथा चर्मकवृन्तिका मता सा वृश्चिकालीति त्रपुषीमपरे जगुः ।। वदरा मेघपुष्पा च तथा भासूरपुष्पिका । कासजिद्वातशमनी वृश्चिकाली विषापहा" ।। पाठोऽयं ग पुस्तके अधिकमुपलभ्यते ।

226. "मेषशृङ्गीफलं तिक्तं कुष्ठमेहकफप्रणुत् । दीपनं श्रंसनं कासक्रिमिव्रणविषापहम्" ।। पाठोऽयं ग पुस्तके अधिकमुलभ्यते ।

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Both the Varieties of Meṣaśṛṅgī

Taste : Bitter.

Attribute : Ununctuous.

Vipāka : Pungent.

Specific action : Alleviate *pitta* and *kapha*.

Therapeutic usage : Cure *kāsa* (bronchitis), *vraṇa* (ulcer) and *akṣi śūla* (eye-pain).

Note : Aggravate *vāyu*.

[I. 164 – 165]

पुनर्नवाद्वयनामगुणाः

पुनर्नवा श्वेतमूला पृथ्वीको[227] दीर्घपत्रकः[228] ।
[17R.] विशाखो दीर्घो[229] वर्षाभूः पुनर्भूर्मण्डलच्छदः[230] ।। 166 ।।

[231]पुनर्नवा वरा तिक्ता रूक्षोष्णा मधुरा कटुः ।। 167 ।।

पुनर्नवाऽरुणा तिक्ता रक्तपुष्पा कटिल्लका[232] ।
क्रूरकः क्षुद्रवर्षाभूर्वर्षाकेतुः[233] शिवाटिका [234] ।। 168 ।।

शोफानिलव्रणश्लेष्महरा रुच्या रसायनी ।
पुनर्नवा[235] वरा तिक्ता कटुपाका हिमा लघुः ।
वातला ग्राहिणी श्लेष्मरक्तपित्तविनाशिनी ।। 169 ।।

रक्तपुरूणीनामगुणाः

Śveta Punarnavā (White Variety of Boerhaavia diffusa)

Syn. : Punarnavā, śvetamūlā, pṛthvīka, dīrghapatraka, viśākha, dīrgha, varṣābhū, punarbhū and *maṇḍalacchada*.

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227. (क) वृश्चिको (ग) पृथ्वीका
228. (ग) दीर्घपत्रिका (ख)विषाददीर्घो 229. (ग) सितवर्षाभूः
230. (ग) oदा 231. पाठोऽयं ग पुस्तके नोपलभ्यते । 232. (ग) कठिल्लकः
234. "पुनर्नवा सरा तिक्ता रूक्षोष्णा मधुरा कटुः ।" पाठोऽयं ग पुस्तके अधिकमुपलभ्यते । 233. oर्वर्षकेतुः
235. (क) सरा (ग) पुनर्नवाऽरुणा

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Taste : Bitter, sweet and pungent.

Attribute : Ununctuous.

Potency : Hot.

Rakta Punarnavā (Red Variety of Boerhaavia diffusa)

Syn. : *Punarnavā, aruṇā, tiktā, raktapuṣpā, kaṭillakā, krūraka, kṣudra varṣābhū, varṣāketu* and *śivāṭikā.*

Taste : Bitter.

Attribute : *Laghu* (light).

Potency : Cold.

Vipāka : Pungent.

Specific action : Appetiser, rejuvenating, constipative and alleviator of *kapha* and *vāyu.*

Therapeutic usage: Cures *śopha* (oedema), *vraṇa* (ulcer) and *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : Aggravates *vāyu* (according to some physicians).

[I. 166 – 169]

रास्नानामगुणाः

रास्ना रम्या[236] युक्तरसा रसना गन्धनाकुली[237] ।
सुगन्धमूलाऽतिरसा श्रेयसी सुवरा[238] सरा[239] ।। 170 ।।

रास्नाऽऽमपाचनी तिक्ता गुरूष्णा श्लेष्मवातजित् ।
शोफश्वाससमीरास्रवातशूलोदरापहा ।। 171 ।।

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236. (ग) रस्या
237. (ख) गन्धमाकुली
238. (क) (ग) सुवहा
239. (क) (ग) रसा

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Rāsnā (Vanda roxburghii)

Syn. : *Rāsnā, ramyā, yuktarasā, rasanā, gandhanākulī, sugandhamūlā, atirasā, śreyasī, suvarā* and *sarā.*

Taste : Bitter.

Attributes : Heavy.

Potency : Hot.

Specific action : *Āmapācanī* (with the help of which *āma* undergoes the process of cooking or digestion) and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *śopha* (oedema), *śvāsa* (dyspnoea), *raktavāta* or *vāta rakta* (gout), *śūla* (colic pain) and *udara* (obstinate abdominal diseases including ascites).

[I. 170 – 171]

अश्वगन्धानामगुणाः

अश्वगन्धा तुरंगाह्वा गोकर्ण[240]श्चावरोहकः ।
वराहकर्णी वरदा बल्या वाजीकरी वृषा ।। 172 ।।

अश्वगन्धाऽनिलश्लेष्मशोफश्वित्रक्षयापहा ।
बल्या रसायनी तिक्ता कषायोष्णाऽतिशुक्रला ।। 173 ।।

अश्वगन्धनामगुणाः

Aśvagandhā (Withania somnifera)

Syn. : *Aśvagandhā, turangāhvā, gokarṇa, avarohaka, varāhakarṇī, varadā, balyā, vājikarī* and *vṛṣā.*

Taste : Bitter and astringent.

Potency : Hot.

Specific action : Strength-promoting, rejuvenating, excessively semen-promoting and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *śopha* (oedema), *śvitra* (a type of leucoderma) and *kṣaya* (consumption).

[I. 172 – 173]

240. '(ग) गोकर्णा चावरोहकः

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प्रसारणीनामगुणाः

प्रसारणी राजबला चारुपर्णी प्रतानिका । [17 V.]
शरणी सारणी भद्रपर्णी सुप्रसरा सरा[241] ।। 174 ।।

प्रसारणी गुरुर्वृष्या सन्धानबलकृत्सरा ।
वीर्योष्णा वातनुत्तिक्ता वातरक्तकफापहा ।। 175 ।।

Prasāraṇī (Paederia foetida)

Syn. : *Prasāraṇī, rājabalā, cāruparṇī, pratānikā, śaraṇī, sāraṇī, bhadraparṇī, suprasarā* and *sarā.*

Taste : Bitter.

Attribute : Heavy.

Potency : Hot.

Specific action : Aphrodisiac, laxative, promoter of strength, and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *vāta rakta* (gout). It helps in the healing of fractures.

[I. 174 – 175]

शतावरीनामगुणाः

शतावरी द्वीपिशत्रुर्द्विपका वरकण्टका[242] ।
नारायणी शतपदी शताह्वा[243] बहुपत्रिका ।। 176 ।।

शतावरी गुरुः शीता स्वादुः स्निग्धा रसायनी ।
शुक्रस्तन्यकरा बल्या वातपित्तास्रशोफजित् ।। 177 ।।

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241. (क) मता
242. (ख) धरकण्टका
243. (ख) शतपाद्

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Śatāvarī (Asparagus racemosus)

Syn. : *Śatāvarī, dvīpiśatru, dvipakā, varakaṇṭakā, nārāyaṇī, śatapadī, śatāhvā* and *bahupatrikā.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Rejuvenating, promoter of strength, *śukra* (semen) and *stanya* (breast-milk) and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures vitiation of blood and *sopha* (oedema).

[I. 176 – 177]

महाशतावरीनामगुणाः

शतावर्यूर्ध्वकण्ठाऽन्या पीवरी धीवरी वरी ।
अभीरुर्बहुपत्रा च महापुरुषदन्तिका[244] *॥ 178 ॥*

शीतवीर्या निहन्त्यर्शोग्रहणीनयनामयान् ।
तदंकुरस्त्रिदोषघ्नो[245] लघुरर्शःक्षयापहः ॥ 179 ॥

महाशतावरीनामगुणाः

Mahāśatāvarī (Asparagus sarmentosus)

Syn. : *Śatāvarī, ūrdhvakaṇṭhā, pīvarī, dhīvarī, varī, abhīru, bahupatrā* and *mahāpuruṣadantikā.*

Potency : Cold.

Therapeutic usage : Cures *arśas* (piles), *grahaṇī* (sprue syndrome) and eye-diseases.

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244. "सहस्रवीर्या केशी स्यात् तुङ्गिनी सूक्ष्मपत्रिका ।
महाशतावरी मेध्या हृद्या वृष्या रसायनी॥ पाठोऽयं ग पुस्तके
अधिकमुपलभ्यते " ॥

245. (क) (ख) oघ्नी

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Aṅkura (Root)

Attribute : *Laghu* (light).

Specific action : Alleviates all the three *doṣas*, namely, *vayu*, *pitta* and *kapha*.

Therapeutic usage : Cures *arśas* (piles) and *kṣaya* (consumption).

[I. 178 – 179]

बलानामगुणाः

बला वाट्यालका[246] शीतपाकी वाट्योदराह्वया[247] ।
भद्रौदनी समंगा स्यात्समांसा स्वरयष्टिका[248] ।। 180 ।।

वज्रमूलीनामगुणाः

सहदेवीनामगुणाः[249]

महाबला वीरपुष्पी[250] सहदेवी बृहद्बला ।
वाट्यायनी देवसहा वाट्या स्यात्पीतपुष्पिका[251] ।। 181 ।।

सहदेवनामगुणाः

पिटारिणीनामगुणाः[252]

बलाका[253]ऽतिबला भारद्वाजी[254] स्याद् वृक्षगन्धिनी[255] ।। 182 ।।

गंगेरुकीनामगुणाः[256]

गङ्गेरुकी[257] नागबला विश्वेदेवा[258] गवेधुका[259] ।। 183 ।।

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246. (ग) ०लका 247. ०दना० 248. (ख) खरयष्टिका
249. (ग) महाबलानामानि 250. (क) वषीपुष्पी
251. "गन्धवर्णा महागन्धा वर्षापुष्पा प्रसादनी" पाठोऽयं ग पुस्तके अधिकम् । 252. (ग) अतिबलानामानि
253. (क) बलीका (ग) बलिका
254. (ख) भारवाजी 255. (ग) ऋष्यगन्धिका 256. (ग) नागबलानामानि
257. (ग) गाङ्गरुकी 258. (ख) विश्वदेवा 259. (क) गवाधिका

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बलाचतुष्टयनामगुणाः

बलाचतुष्टयं शीतं मधुरं बलकान्तिकृत् ।
स्निग्धं ग्राहि समीरास्रपित्तास्र[260]क्षयनाशनम्[261] ।। 184 ।।

आसां बृहद्बला[262] कृच्छ्रं हन्ति वातानुलोमनी ।। 185 ।।

गुर्वी नागबला वृष्या विशेषाद्रक्तपित्तजित् ।
बल्या रसायनी पुंस्त्ववर्धिनी बृंहणी तथा ।। 186 ।।

तस्याः फलं हिमं स्वादु स्तम्भनं गुरु लेखनम् । [18V.]
विबन्धाध्मानजननं रक्तपित्तनिबर्हणम्[264] ।। 187 ।।

गरगडचाउलनामगुणाः

Balā (Sida acuta)

Syn. :Bala, vatyalaka, sitapāki, vātyodarāhva, bhadraudani, samaṅga samaṃsa and *svarayaṣṭikā.*

Sahadevī (Sida cordifolia)

Syn. : Mahābalā, virapuṣpī, sahadevi, bṛhadbalā, vātyayanī.devasahā vātyā and *pīta puṣpika.*

Piṭāriṇī (Sida rhombifolia)

Syn. : Balākā, atibalā, bhāradvāji and *vṛkṣagandhinī.*

Gaṅgerukī (Sida spinosa)

Syn. : Gaṅgerukī, nāgabalā, viśvedevā and *gavedhukā.*

Four Varieties of Balā, viz., Balā, Sahadevī, Piṭāriṇī and Gaṅgerukī

Taste : Sweet.

Attribute : Unctuous.

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260. (ग) ०पीनस० 261. (ख) (ग) ०क्षतनाशनम् 262. (क) वृद्धबला
263. (क) पुष्पवर्धिनी 264. (ख) रक्तपित्तवर्द्धनम्

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Potency : Cold.

Specific action : Constipative, promoters of strength and complexion and alleviators of *vāyu*.

Therapeutic usage : Cure *rakta pitta* (a disease characterised by bleeding from different parts of the body), vitiation of blood and *kṣaya* (consumption).

Bṛhadbalā or Sahadevī

Specific action : Helps in the downward movement of *vāyu*.

Therapeutic usage : Curs *kṛcchra* (dysuria).

Nāgabalā or Gangerukī

Attribute : Heavy.

Specific action : Aphrodisiac, rejuventling, nourishing and promoter of strength and *puṃstva* (potency).

Therapeutic usage : Cures specially *rakta pitta* (a disease characterised by bleeding frfom different parts of the body).

Fruit of Nāgabalā

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : *Stambhana* (which helps in the retention of ejaculation of semen) and *lekhana* (depleting).

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : Causes *vibandha* (constipation) and *ādhmāna* (flatulence).

[I. 180 – 187]

ज्योतिष्मतीनामगुणाः

ज्योतिष्मती वह्निरुचिः कंगुणी कटभी[265] तथा ।। 188 ।।

265. (ख) कटुभी

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ज्योतिष्मती कटुस्तिक्ता सरा कफसमीरजित् ।
अत्युष्णा वामनी तीक्ष्णा वह्निबुद्धिस्मृतिप्रदा ।। 189 ।।

फुटीफुटिकानामगुणाः

Jyotiṣmatī (Celastrus paniculatus)

Syn. : *Jyotiṣmatī, vahniruci, kaṅguṇī* and *kaṭabhī.*

Taste : Pungent and bitter.

Attribute : *Tīkṣṇa* (Sharp).

Potency : Excessively hot.

Specific action : Laxative, emetic, alleviator of *kapha* and *vāyu* and promoter of power of digestion, intellect and memory.

[I. 188 - 189]

तेजवतीनामगुणाः

तेजस्विनी तेजवती तेजिन्या[266] लघुवल्कला ।
महौजसी वीरजाता[267] शीता तिक्ताऽतितेजिनी[268] ।। 190 ।।

तेजस्विनी कफश्वासकासशूलामवातजित् ।
पाचन्युष्णा कटुस्तिक्ता रुचिवह्निप्रदीपनी ।। 191 ।।

तेजपत्रिकानामगुणाः

Tejovatī (Zanthoxylum alatum)

Syn. : *Tejasvinī, tejavatī, tejinyā, laghu valkalā, mahaujasī, vīrajātā, śītā, tiktā* and *atitejinī.*

Taste : Pungent and bitter.

Potency : Hot.

Action : Carminative and promoter of the power of digestion.

Specific action : Promotes appetite and alleviates *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *śūla* (colic pain) and *āmavāta* (rheumatism).

[I. 190 – 191]

266. (ग) ०तेजनी 267. (ख) (ग) पारिजाता 268 (क) च तेजनी (ग) ०तेजनी

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देवदारुनामगुणाः

देवदारु सुराह्वं[269] स्याद् भद्रदारु[270] सुरद्रुमः ।
भद्रकाष्ठं स्नेहवृक्षः[271] कृमिलं[272] शक्रदारु च ।। 192 ।।

[19R.] देवदारु कटु स्निग्धं तिक्तोष्णं[273] लघु नाशयेत् ।
आध्मानज्वरशोथामहिक्काकण्डुकफानिलान् ।। 193 ।।

Devadāru (Cedrus deodara)

Syn.:Devadāru, surāhva, bhadradāru, suradruma, bhadrakāṣṭha, snehavṛkṣa, kṛmila and *śakradāru.*

Taste : Pungent and bitter.

Attributes : Unctuous and light.

Potency : Hot.

Specific action : Alleviates *kapha* and *vāta.*

Therapeutic usage : Cures *ādhmāna* (flatulence), *jvara* (fever), *śotha* (oedema), *āma* (a product of improper digestion and metabolism), *hikkā* (hiccup) and *kaṇḍu* (itches).

[I. 192 – 193]

सरलनामगुणाः

सरलो नन्दनो व्रीडा[274] नमेरुर्दीपवृक्षकः[275] ।
पीतदारुः[276] पीतवृक्षो महादीर्घः कलिद्रुमः ।। 194 ।।

सरलः कटुकः पाकरसयोर्मधुरो[277] लघुः ।
उष्णः स्निग्धः समीराक्षिकण्ठकर्णामयापहः ।। 195 ।।

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269. (ग) सुराह्वः 270. (ग) oरुः 271. (क) स्नेहदक्षः
272. (क) कलिमं (ग) किलिमं 273. (क) तीक्ष्णोष्णं 274. (क) सिंजी (ग) पीतो
275. (ख) द्विकवृक्षकः (ग) oर्धूपवृक्षकः 276. (क) पूतिदारुः
277. (ग) पाके रसतो मधुरो

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Sarala (Pinus roxburghii)

Syn. **:** *Sarala, nandana, vrīḍā, nameru, dīpavṛkṣaka, pītadāru, pītavṛkṣa, mahādīrgha* and *kalidruma.*

Taste : Pungent and sweet.

Attributes : Light and unctuous.

Potency : Hot.

Vipāka :*Madhura* (sweet).

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures diseases of eyes, throat and ears.

[I. 194 – 195]

पुष्करमूलनामगुणाः

पौष्कराह्वं पद्मपत्रं पौष्करंपुष्कराह्वकम् ।
काश्मीरं पुष्करजटा मूलवीरं[278] सुगन्धिकम् ।। 196 ।।

पौष्करं कटुकं तिक्तमुष्ण वातकफज्वरान् ।
हन्ति शोफारुचिश्वासान् विशेषात्पार्श्वशूलजित् ।। 197 ।।

Puṣkaramūla (Inula racemosa)

Syn. **:***Pauṣkarāhva, padmapatra, pauṣkara, puṣkarāhvaka, kāśmīra, puṣkarajaṭa, mūlavīra* and *sugandhika.*

Taste : Pungent and bitter.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *uṣṇavāta* (disease of the genital organ involving hot-feeling during urination), *jvara* (fever), *śopha* (oedema), *aruci* (anorexia), *śvāsa* (dyspnoea) and specially, *pārśva śūla* (pain in the sides of the chest).

[I. 196–197]

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278. (ग) मूलं वीरं

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कुष्ठनामगुणाः

कुष्ठं रोगाह्वयं वाप्यं[279] कौबेरं पारिभद्रकम् ।
[19V.] पारिहार्य[280] पारिभाव्यमुत्पलं हरिभद्रकम्[281] ।। 198 ।।

कुष्ठमुष्णं कटु स्वादु तिक्तं शुक्रप्रदं लघु ।
हन्ति वातास्रवीसर्पकुष्ठकासमरुत्कफान् ।। 199 ।।

कूकुनामगुणाः

Kuṣṭha (Saussurea lappa)

Syn. :Kuṣṭha, rogāhvaya, vāpya, kaubera, pāribhadraka, pārihārya, pāribhāvya, utpala and *haribhadraka.*

Taste : Pungent, sweet and bitter.

Attribute : Light.

Specific action : Promotes the quantity of *śukra* (semen) and alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *vāta rakta* (gout), *visarpa* (erysipelas), *kuṣṭha* (a disease characterised by bleeding from different parts of the body) and *kāsa* (cough).

[I. 198 – 199]

कर्कटशृंगीनामगुणाः

कुलीरशृंगी स्याद्वक्रा[282] कर्कटशृंगिका ।
कर्कटाक्षा[283] महाघोषा शृंगनाम्नी नताङ्ग्यपि ।। 200 ।।

शृंगी कषायतिक्तोष्णा हन्ति हिक्कावमि[284]ज्वरान् ।
तृष्णारुचि[285]कफश्वासक्षयकासोर्ध्वमारुतान् ।। 201 ।।

ककड़ाशृंगीनामगुणाः

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279. (ख) दिव्यं 280. (ग) वानीरजं 281. (ख) पारिभद्रकम् (ग) पारिहार्यकम्
282. (क) स्याद्वर्ण 283. (ग) कर्कटाख्या 284. (ग) हिक्कारुचि०
285. (ख) वृष्या वमिकफ० (ग) तृष्णावमि०

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Karkaṭa Śṛṅgī (Rhus succedanea)

Syn. : Śṛṅgī, kulīraśṛṅgī, vakrā, karkaṭa śṛṅgikā, karkaṭākṣā, mahāghoṣā, śṛṅganāmnī and *naṭāṅgī.*

Taste : Astringent and bitter.

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *hikkā* (hiccup), *vami* (vomiting), *jvara* (fever), *tṛṣṇā* (morbid thirst), *aruci* (anorexia), *śvāsa* (dyspnoea), *kṣaya* (consumption), *kāsa* (cough) and *ūrdhvamāruta* (upward movement of wind).

[I. 200 – 201]

कट्फलनामगुणाः

[20R.] कट्फलं कुमुदं[286] कुम्भं[287] श्रीपर्णी सोमपादपः[288] ।
सोमवल्को महाकुम्भी भद्रा भद्रवती शिवा ।। 202 ।।

कट्फलं तुवरं तिक्तं कटु वातकफज्वरान् ।
हन्ति श्वासप्रमेहार्शःकासकण्ठामयारुचीः ।। 203 ।।

काफड़नामगुणाः

Kaṭphala (Myrica nagi)

Syn. : Kaṭphala, kumuda, kumbha, śrīparṇī, somapādapa, somavalka, mahākumbhī, bhadrā, bhadravatī and *śivā.*

Taste : Astringent, bitter and pungent.

Specific action : Alleviates *vayu* and *kapha.*

Therapeutic usage : Cures *jvara* (fever), śvāsa (dyspnoea), *prameha* (obstinate urinary diseases including diabetes), *arśas* (piles), *kāsa* (cough), throat diseases and *aruci* (anorexia).

[I. 202 – 203]

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286. (ख) (ग) कुमुदा 287. (ख) (ग) कुम्भी 288. (ख) लोमपादपः

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रोहिषनामगुणाः

रोहिषं कत्तृणं भूतिर्भूतिकं सरलं तृणम् ।
श्यामलं[289] युग्मकं[290] पौरं व्यापकं[291] देवगन्धकम् ।। 204 ।।

रोहिषं कटुकं पाके तिक्तोष्णं तुवरं जयेत् ।
हन्ति[292] मारुतपित्ता[293] स्रक्षणाच्छ्वासकफज्वरान्[294] ।। 205 ।।

रोहिषानामगुणाः

Rohiṣa (Cymbopogon schoenanthus)

Syn. :Rohiṣa, kattṛna, bhūti, bhūtika, sarala, tṛṇa, śyāmala, yugmaka, paura, vyāpaka and *devagandhaka.*

Taste : Bitter and astringent.

Potency : Hot.

Vipāka : Pungent.

Specific action : Alleviates *vāyu* and *pitta.*

Therapeutic usage : Cures vitiation of blood, *śvāsa* (dyspnoea) and *kaphaja jvara* (fever caused by vitiated *kapha*).

[I. 204 – 205]

भाङ्गीनामगुणाः

भाङ्गी[295] भृगुभवा पद्मा कासघ्नी गन्धपर्वणी[296] ।
खरशाकं[297] शुक्रमाता भंजी[298] ब्राह्मणयष्टिका ।। 206।।

भाङ्गी रूक्षा कटुस्तिक्ता रुच्योष्णा पाचनी जयेत् ।
शोथकासकफश्वासपीनसज्वरमारुतान् ।। 207 ।।

भार्गीनामगुणाः

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289. (क) श्यामाकं 290. (क) मुद्गलं, (ग) युग्दलं 291. (क) ध्यानकं (ग) ध्यामकं
292. (ग) कण्ठ0 293. (क) ह्रद्रोगपित्त0 294. (ग) 0क्षतकास
295. (क) (ग) भार्गी 296. (क) भार्गपर्वणी (ग) कासघ्न्यङ्गारपर्ण्यपि
297. (ग) खरशाका 298. (क) पंजी (ग) फंजी

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Bhārṅgī (Clerodendrum serratum)

Syn. : *Bhārṅgī, bhṛgubhavā, padmā, kāsaghnī, gandhaparvaṇī, kharaśāka, śukramātā, bhaṅjī* and *brāhmaṇayaṣṭikā.*

Taste : Pungent and bitter.

Attribute : Ununctuous.

Potency : Hot.

Action : *Pācanī* (carminative).

Specific action : Promotes appetite and alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *śotha* (oedema), *kāsa* (cough), *śvāsa* (dyspnoea), *pīnasa* (rhinitis) and *jvara* (fever).

[I. 206 – 207]

पाषाणभेदनामगुणाः

पाषाणभेदः पाषाणोऽश्मरीभेदोऽश्मभेदकः ।
[20V.] शिलाभेदो दृषद्भेदो नागभिद्[299] नागभेदनः[300] ॥ 208 ॥

पाषाणभेदीनामगुणाः

पाषाणभेदस्तुवरः शीतलो बस्तिशोधनः ।
सरस्तिक्तः प्रमेहार्शःकृच्छ्राश्मरिरुजो जयेत् ॥ 209 ॥

Pāṣāṇabheda (Bergenia ligulata)

Syn. *:Pāṣāṇabheda, pāṣāṇa, aśmarībheda, aśmabhedaka, śilābheda, dṛṣad bheda, nāgabhid* and *nāgabehdana.*

Taste : Astringent and bitter.

Potency : Cold.

Specific action : *Sara* (laxative).

Therapeutic usage : Cures *prameha* (obstinate urinary diseases including diabetes), *arśas* (piles), *kṛcchra* (dysuria) and *aśmari* (stone

299. (ख) नागभिन्नो
300. (ख) अङ्गभेदनः

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in urinary tract). It cleanses the urinary bladder.

[I. 208 – 209]

मुस्तनामगुणाः

मुस्तं वारिधरो मुस्तो मेघाख्यः कुरुविन्दकः ।
वराहोऽब्दो[301] घनो भद्रमुस्तं राजकसेरुकः ।
पिण्डमुस्तं[302] विषघ्नंसी नागरोऽन्यः प्रकीर्तितः ।। 210 ।।

मुस्तं कटु हिमं ग्राहि तिक्तं दीपनपाचनम् ।
कषायं कृमिपित्तासृक्कफतृष्णाज्वरापहम् ।। 211 ।।

नागरमूथानामगुणाः

Musta (Cyperus rotundus)

Syn. : *Musta, vāridhara, musta, meghākhya, kuruvindaka,, varāha, abda, ghana, bhadra musta, rājakaseruka, piṇḍa musta, viṣadhvaṃsī* and *nāgara.*

Taste : Pungent, bitter and astringent.

Potency : Cold.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : Constipative and alleviator of *kapha.*

Therapeutic usage : Cures *krimi* (parasitic infestation), *pittāsṛk* or *rakta pitta* (a disease characterised by bleeding from different parts of the body), *tṛṣṇā* (morbid thirst) and *jvara* (fever).

[I. 210 – 211]

धातकीनामगुणाः

धातकी कुंजरी[303] सिन्धुपुष्पी प्रमदिनी[304] मदा ।
पार्वतीया ताम्रपुष्पी सुभिक्षा[305] मदवासिनी[306] ।
धातुकी क्रूरवासिन्धु पुष्पप्रमदिनी तथा ।। 212 ।।

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301. (क) वराहाक्षो 302. (ग) पिण्डमुस्तो 303. (ख) (ग) कुंजरा
304. (क) च मादिनी 305. (क) सुतिक्षा 306. (ख) मेघवासिनी (ग) मधवासिनी

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धातकी कटुका शीता मदकृत्[307] तुवरा लघुः ।
तृष्णातीसारपित्तास्रविषक्रिमिविसर्पजित् ।। 213 ।।

धातुकीनामगुणाः

Dhātakī (Woodfordia fruticosa)

Syn. : Dhātakī, kuñjarī, sindhu puṣpī, pramadinī, madā, pārvatīyā, tāmrapuṣpī, subhikṣā, madavāsinī, dhātukī, krūravāsindhu and *puṣpa pramadinī.*

Taste : Pungent and astringent.

Attribute : Light.

Potency : Cold.

Specific action : Causes *mada* (alcoholism).

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *atīsāra* (diarrhoea), *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body), *viṣa* (poisoning), *krimi* (parasitic infestation) and *visarpa* (erysipelas).

[I. 212 – 213]

अम्बष्ठानामगुणाः

[21R.] माचिका बालिकाऽम्बष्ठा शठी[308] दन्तशठाऽम्बिका ।
अम्बष्ठकी सूचिमुखी कषाया साकण्ठमुखी[309] ।। 214 ।।

माचिकोष्णा रसे[310] पाके कषाया शीतला लघुः ।
पक्वातीसारपित्तास्रकफकण्ठामयापहा ।। 215 ।।

जम्भीरनामगुणाः

Ambaṣṭhā

Syn. : Mācikā, bālikā, ambaṣṭhā, śaṭhi, danta śaṭhā, ambikā, ambaṣṭhakī, sūcimukhī, kaṣāyā and *sākaṇṭhamukhī.*

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307. (ख) मन्दोष्णा
308. (क) शची
309. (क) कृष्णमुर्वी (ग) कण्ठमुखेऽपि
310. (क) माचिका स्वरसे

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Taste : Astringent.

Attribute : Light.

Potency : Cold.

Vipāka : Astringent.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *pakvātīsāra* (diarrhoea at its latter stage), *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kaṇṭhāmaya* (throat-diseases)

[I. 214 – 215]

विदारीकन्दद्वयनामगुणाः

विदारिका वृष्यवल्ली[311] पुष्पकन्दा[312] विदालिका ।
शृंगालिका[313] कन्दवल्ली स्वादुकन्दा फलाशका[314] ।। 216 ।।

अन्या शुक्ला क्षीरशुक्ला क्षीरवल्ली पयस्विनी ।
इक्षुवल्ली[315] महाश्वेता क्षीरकन्दे[316]क्षुगंधिका ।। 217 ।।

विदारी मधुरा स्निग्धा बृंहणी स्तन्यशुक्रदा ।
गुरुः पित्तास्रपवनदाहान् हन्ति रसायनी ।। 218 ।।

विदारीकन्दनामगुणाः

Vidārīkanda (Pueraria tuberosa)

Syn. : *Vidārikā, vṛṣyavallī, puṣpakandā, vidālikā, śṛṅgālikā, kandavallī, svādukandā* and *phalāśakā.*

Kṣīravidārī (Another Variety of Vidārīkanda — Ipomoea digitata)

Syn. :*Śuklā, kṣīraśuklā, kṣīravallī, payasvinī, ikṣuvallī, mahāśvetā, kṣīrakandā* and *ikṣugandhikā.*

Both the Varieties of Vidārīkanda

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311 (ख) वृक्षवल्ली 312. (ख) वृक्षकन्दा (ग) वृष्यकन्दा 313. (ख) शृंगालिका
314. (क) गलाशकः (ग) पलाशिका 315. (क) चक्षुवल्ली 316. (क)(ग) क्षीरगन्धेक्षु०

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Taste: Sweet.

Attributes : Unctuous and heavy.

Specific action : Rejuvenating, nourishing, promoters of *stanya* (breast-milk) and *śukra* (semen), and alleviators of *vāyu.*

Therapeutic usage : Cure *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *dāha* (burning syndrome).

[I. 216 – 218]

वाराहीकन्दनामगुणाः

वाराही माधवी वृष्या[317] शौकरी[318] वनमालिका ।
तस्याः कन्दः किटिः क्रोडनामा संवरकन्दकः[319] ।। 219 ।।

वाराही मधुरा कंदे[320] कटुस्तिक्ताऽतिशुक्रला । [21V.]
बल्या पित्तकरा[321] वातकफमेहकृमीन्जयेत् ।। 220 ।।

Vārāhīkanda (Dioscorea bulbifera)

Syn. :Vārāhī, mādhavī, vṛṣyā, śaukarī, vanamālikā, vārāhīkanda, kiṭi, kroḍanāmā and *saṃvarakandaka.*

Taste : Sweet, bitter and pungent.

Specific action : Promotes semen (in excess) and strength, and alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes) and *krimi* (parasitic infestation).

Note : It vitiates *pitta.*

[I. 219–220]

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317. (ख) गृष्टि (ग) घृष्टि
318. (ख) शीकरी
319. (क) संवरकंटकः
320. (क) कंद
321. (ख) शुक्रकरा (ग) पित्तकरी

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पाठानामगुणाः

पाठाऽम्बष्ठा बृहत्तिक्ता प्राचीनाऽम्बष्ठका सरा[322] ।
वरा[323] तिक्ता पापचेली श्रेयसी वृद्धकर्णिका[324] ।। 221 ।।

पाठोष्णा कटुका तीक्ष्णा वातश्लेष्महरा लघुः ।
हन्ति शूलज्वरच्छर्दिकुष्ठातीसारहृद्रुजः ।
दाहकण्डूविषश्वासकृमिगुल्मोदर[325]व्रणान् ।। 222 ।।

अकानबिन्धिनामगुणाः

Pāṭhā (Cissampelos pareira)

Syn. : *Pāṭhā, ambaṣṭhā, bṛhat tiktā, prācīnā, ambaṣṭhakā, sarā, varā, tiktā, pāpacelī, śreyasī* and *vṛddhakarṇikā.*

Taste : Pungent.

Attributes : Light and *tīkṣṇa* (sharp).

Specific action : Alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *śūla* (colic pain), *jvara* (fever), *chardi* (vomiting), *kuṣṭha* (obstinate skin diseases including leprosy), *atīsāra* (diarrhoea), *hṛdruk* (heart diseases), *dāha* (burning syndrome), *kaṇḍū* (itches), *viṣa* (poisoning), *śvāsa* (dyspnoea), *kṛmi* (parasitic infestation), *gulma* (phantom tumour), *udara* (obstinate abdominal diseases including ascites) and *vraṇa* (ulcer).

[I. 221–222]

मूर्वानामगुणाः

मूर्वा देवी मधुरसा देवश्रेणी मधुस्रवा ।
स्निग्धपर्णी पृथक्पर्णी मोरटी पीलुपर्णिका ।। 223 ।।

मूर्वा सरा गुरुः स्वादुस्तिक्ताम्ल[326]प्रमेहनुत् ।
त्रिदोषतृष्णाहृद्रोगकण्डुकुष्ठज्वरापहः[327] ।। 224 ।।

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322. (ग) प्राचीनाऽम्बष्ठिका रसा 323. (क) कटु 324. (क) सिन्धुकार्षिकाः
325 (ख) ०गुल्मगरव्रणान् 326. (ग) ०स्तिक्ता पित्ताम्लमेहनुत् 327. (ग) ०पहा

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[328]मूर्वा वृष्या मधुरसा श्लेष्मकृत् पित्तनाशिनी । [22R.]
वायुप्रशमनी हृद्या ग्राहिणी गुल्मनाशिनी ।। 225 ।।

मुरुबानामगुणाः

Mūrvā (Sansevieria zeylanica)

Syn. *:Mūrvā, devī, madhurasā, devaśreṇī, madhusravā, snigdhaparṇī, pṛthakparṇī, moraṭī* and *pīluparṇikā.*

Taste : Sweet and bitter.

Attribute : Heavy.

Specific action : Laxative (for constipated person), aphrodisiac, constipative (for a patient suffering from diarrhoea) and cardiac tonic.

Therapeutic usage : Cures vitiated blood, *prameha (*obstinate urinary diseases including diabetes), *tṛṣṇā* (morbid thirst), *hṛdroga* (heart diseases), *kaṇḍu* (itches), *kuṣṭha* (obstinate skin diseases including leprosy), *jvara* (fever) and *gulma* (phantom tumour).

Note : It aggravates *kapha* (according to some physicians).

[I. 223–225]

मंजिष्ठानामगुणाः

मंजिष्ठा विजया रक्ता रक्ताङ्गी कालमेषिका ।
रक्तयष्टी ताम्रवल्ली समङ्गा वस्त्रभूषणा ।
मंजुला विकशा भङ्गी छद्मिका[329] ज्वरनाशिनी ।। 226 ।।

मंजिष्ठा मधुरा तिक्ता कषाया स्वर[330]वर्णकृत् ।
गुरुरुष्णा विषश्लेष्मशोफयोन्यक्षिशूलनुत् ।। 227 ।।

रक्तातीसारकुष्ठास्रवीसर्पव्रणमेहजित् ।
तच्छाकं दीपनं स्वादु स्निग्धं पित्तानिलापहम् ।। 228 ।।

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328. श्लोकोऽयं ग पुस्तके नोपलभ्यते ।
329. (क) ०र्दिका
330. (ख) स्वर्णवर्णकृत

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Maňjiṣṭhā (Rubia cordifolia)

Syn. *:Maňjiṣṭhā, vijayā, raktā, raktāṅgī, kālameṣikā, raktayaṣṭī, tāmravallī, samaṅgā, vastrabhūṣaṇā, mañjulā, vikaśā, bhaṅgī, chadmikā* and *jvaranāśinī.*

Taste : Sweet, bitter and astringent.
Attribute : Heavy.

Potency : Hot.

Specific action : Promotes voice and complexion and alleviates ***kapha.***

Therapeutic usage : Cures *viṣa* (poisoning), *śopha* (oedema), ***yoni śūla*** (pain in female genital organ), *akṣi śūla* (pain in the eyes), ***raktātīsāra*** (diarrhoea associated with bleeding), *kuṣṭha* (obstinate skin diseases including leprosy), vitiation of blood, *visarpa* (erysipelas), ***vraṇa*** (ulcer) and *meha* (obstinate urinary diseases including diabetes).

Śāka (Leaf)

Taste : Sweet.

Attribute : Unctuous.

Action :*Dīpana* (digestive stimulant).

Specific action : Alleviates *pitta* and *vāyu.*

[I. 226-228]

हरिद्रानामगुणाः

हरिद्रा रजनी गौरी रंजिनी[331] वरवर्णिनी ।
पिण्डा[332] पीता वर्णवती निशा वर्णा[333] विलासिनी ।। 229 ।।

हरिद्रा कटुका तिक्ता रूक्षोष्णा श्लेष्मपित्तनुत् ।
वर्ण्या त्वग्दोष[334]मेहास्रशोफपाण्डुव्रणापहा ।। 230 ।।

हलदीनामगुणाः

331. (क) भंजिनी
332. (क) पिंजी
333 (ग) हृदविलासिनी
334. (ख) त्वग्दाहमेहा०

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Haridrā (Curcuma longa)

Syn. : Haridrā, rajanī, gaurī, rañjinī, varavarṇinī, piṇḍā, pītā, varṇavatī, niśā, varṇā and *vilāsinī.*

Taste : Pungent and bitter.

Attributes : Ununctuous.

Potency : Hot.

Specific action : Alleviates *kapha* and *pitta*, and promotes complexion.

Therapeutic usage : Cures *tvagdoṣa* (skin diseases), *meha* (obstinate urinary disorders including diabetes), *asra* (vitiation of blood), *śopha* (oedema), *pāṇḍu* (anemia) and *vraṇa* (ulcer).

[I. 229 – 230]

दारुहरिद्रानामगुणाः

[22V.] दार्वी दारुहरिद्राऽन्या पीतदारु च पंचधा[335] ।
कटङ्कटेरी पित्तघ्नः स्वर्णवर्णा कटङ्कटी[336] ॥ 231 ॥

दार्वी तद्वद्विशेषात्तु नेत्रकर्णास्यरोगनुत् ॥ 232 ॥

दारुहलदीनामगुणाः

Dāruharidrā (Berberis aristata)

Syn. : Dārvī, dāruharidrā, pīta dāru, pañcadhā, kaṭaṅkaṭerī, pittadru, svarṇavarṇā and *kaṭaṅkaṭī.*

Note : *Dāru haridrā* is similar to *haridrā* in its properties. Specially, it cures the diseases of *netra* (eyes), *karṇa* (ears) and *āsya* (mouth).

[I. 231–232]

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335. (क) चम्पगः (ग) पचपचा
336. (ग) कटंकटी

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प्रपुन्नाट (पनवाड) नामगुणाः

प्रपुन्नाटस्त्वेडगजश्चक्रमर्दः प्रपुन्नटः ।
दद्रुघ्नो मर्दको मेष[337]कुसुमः कुष्ठकृन्तनः ।। 233 ।।

प्रपुन्नाटो लघुः स्वादुः रूक्षः पित्तानिलापहः ।
हृद्यो हिमकफश्वासकुष्ठददुकृमीन् जयेत् ।। 234 ।।

हन्त्युष्णं तत्फलं कुष्ठकण्डूददुविषानिलान् ।
वातरक्तापहं तस्याः शाकं[338] कफकरं लघु ।। 235 ।।

चाकुण्डानामगुणाः

Prapunnāṭa (Cassia tora)

Syn. :*Prapunnāṭa, eḍagaja, cakramarda, prapunnaṭa, dadrughna, mardaka, meṣakusuma* and *kuṣṭhakṛntana.*

Taste : Sweet.

Attributes : Light and ununctuous.

Specific action : Cardiac tonic and alleviator of *pitta, vāyu* and *kapha.*

Therapeutic usage : Cures coldness, *śvāsa* (dyspnoea), *kuṣṭha* (obstinate skin diseases including leprosy), *dadru* (ring-worm) and *kṛmi* (parasitic infestation).

Fruit

Potency : Hot.

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *kaṇḍū* (itches), *dadru* (ring-worm) and *viṣa* (poisoning) .

Śāka (Leaf)

Attribute : Light.

Therapeutic usage : Cures *vāta rakta* (gout).

Note : Vitiates *kapha.*

[I. 233–235]

337. (ख) मेघकुसुमः 338. (ग) पत्रं कफहरं लघु

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बाकुचीनामगुणाः

बाकुची चन्द्रिका सोमवल्ली पूतिफला वरा ।
सोमराजी कृष्णफला वल्गुजा कालमेषिका । [23R.]
चन्द्रलेखा तथा[339] सोमः कुष्ठघ्नी सा[340] मता परा ।। 236 ।।

बाकुची मधुरा तिक्ता कटुपाका रसायनी ।
विष्टम्भिनी हिमा रुच्या सरा ह्यग्या[341]ऽम्रपित्तनुत् ।। 237 ।।

रूक्षा हन्ति कफश्वासकुष्ठमेहज्वरक्रिमीन् ।
तत्फलं पित्तकृत् भेद[342]कुष्ठवातकफापहम् ।। 238 ।।

Bākucī (Psoralea corylifolia)

Syn. : Bākucī, candrikā, somavallī, pūtiphalā, vara, somarājī, kṛṣṇaphalā, valguja, kālameṣika, candralekha, soma and *kuṣṭhaghnī.*

Taste : Sweet and bitter.

Attribute : Ununctuous.

Potency : Cold.

Vipāka : Pungent.

Specific action : Rejuvenating, appetiser, *sara* (laxative), cardiac tonic and alleviator of *kapha.*

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *śvāsa* (dyspnoea), *kuṣṭha* (obstinate skin diseases including leprosy), *meha* (obstinate urinary diseases including diabetes), *jvara* (fever) and *kṛmi* (parasitic infestation).

Fruit

Specific action : Alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *bheda kuṣṭha* (?).

Note : It aggravates *pitta.*

[I. 236-238]

339. (ग) सिता सोमा 340. (ग) च सितावरी
341. (ग) त्वच्याऽम्रपित्तनुत 342. (ख) पित्तकृच्छ्रेण (ग) श्वित्रकृ०

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भृङ्गराजनामगुणाः

भृङ्गराजो भेकराजो[343] मार्कवः केशरंजकः ।
अङ्गारको भृङ्गिराजो भृङ्गाह्वः[344] सूर्यवल्लभः ।। 239 ।।

भृङ्गराजः कटुस्तिक्तो रूक्षोष्णः कफवातनुत्[345] ।
दन्त्यो रसायनस्त्वच्यः कुष्ठनेत्र[346]शिरोऽर्तिजित् ।। 240 ।।

Bhṛṅgarāja (Eclipta alba)

Syn. : *Bhṛṅgarāja, bhekarāja, mārkava, keśaraṅjaka, aṅgāraka, bhṛṅgirāja, bhṛṅgāhva* and *sūryavallabha.*

Taste : Pungent and bitter.

Attribute : Ununctuous.

Potency : Hot.

Specific action : Alleviator of *kapha* and *vāta*, useful for teeth and skin, and rejuvenating.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and the diseases of *netra* (eyes) and head.

[I. 239–240]

पर्पटनामगुणाः

पर्पटः कवचो रेणुः पित्तहा वरकण्टकः[347] ।
वरतिक्तः[348] पर्पटकः पृथ्विक[349]श्चर्मकण्टकः ।। 241 ।।

[23V.] पर्पटो हन्ति पित्तास्रश्रमतृष्णाकफज्वरान् ।
संग्राही शीतलस्तिक्तो दाहनुत् वातलो लघुः ।। 242 ।।

पापड़ानामगुण

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343. (क) भेषजज्ञो 344. (क) भृङ्गयाह्वः 345. कफवातकृत्
346. (क) कुष्ठमेह० 347. (क) (ग) यवकण्टकः 348. (क) वीरतिक्तः
349. (क) मुष्टिकश्च०

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[350]रक्तपुष्पोऽतिसारस्य वारको ज्वरनाशनः ।
पर्पटः पित्तहृद्दाहज्वरजिच्छ्लेष्मशोषणः ।
तिक्तशीतौ ज्वरहरौ लघू भूनिम्बपर्पटौ ।। 243 ।।

Parpaṭa (Fumaria parviflora)

Syn. *: Parpaṭa, kavaca, reṇu, pittahā, varakaṇṭaka, varatikta,* ***parpaṭaka,*** *pṛthvika* and *carmakaṇṭaka.*

Taste : Bitter.

Attribute : Light.

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *bhrama* (giddiness), *tṛṣṇā* (morbid thirst), *kaphaja jvara* (fever caused by aggravated *kapha)* and *dāha* (burning syndrome).

Note : Aggravates *vāyu.*

Parpaṭa having Red Flowers

Specific action : Alleviates *pitta* and dries up *kapha.*

Therapeutic usage : Cures *atisāra* (diarrhoca), *jvara* (fever) and *dāha* (burning syndrome).

Properties of Bhūnimba (Andrographis panicu lata) and Parpaṭa

Taste : Bitter.

Attribute : Light.

Potency : Cold.

Therapeutic usage : Cure *jvara* (fever)

[I. 241–243]

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350. पाठोऽयं ग पुस्तके नोपलभ्यते

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शणपुष्पीनामगुणाः

शणपुष्पी माल्यपुष्पी धावनी शणघण्टिका ।
[351]बृहत्पुष्पी स्वल्पघण्टा घण्टाशब्दा[352] तु पुष्पिका ।। 244 ।।

शणपुष्पी कटुः पित्तश्लेष्मजिच्छर्दिकारिणी ।। 245 ।।

Saṇapuṣpī (Crotalaria verrucosa)

Syn. : Saṇapuṣpī, mālyapuṣpī, dhāvanī, saṇaghaṇṭikā, bṛhatpuṣpī, svalpaghaṇṭā, ghaṇṭāśabdā and *puṣpikā.*

Taste : Pungent.

Specific action : Alleviates *pitta* and *kapha.*

Note : It causes *chardi* (vomiting).

[I. 244–245]

त्रायमाणानामगुणाः

त्रायमाणा सुहृत्त्राणा त्रायन्ती गिरिसानुजा[353] ।
बलभद्रा कृतत्राणा वार्षक[354] त्रायमाणिका ।। 246 ।।

[355]त्रायमाणा सरा पित्तज्वरश्लेष्मास्रशूलजित् ।। 247 ।।

Trāyamāṇā (Gentiana kurroo)

Syn. : Trayamāṇā, suhṛttrāṇā, trāyantī, girisānujā, balabhadrā, kṛtatrāṇā, varṣaka and *trāyamāṇikā.*

Specific action : Laxative and alleviator of *kapha.*

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351. (ग) घण्टारवा बृहत्पुष्पी स्वल्पघण्टा तु घण्टिका । 352. (क) घण्टाषष्ठोरु
353. (क) गिरिसानुगा (ग) गिरिजानुजा 354. (क) वार्षिकं (ग) वार्षिकी
355. (ग) त्रायन्ती तुवरा तिक्ता सरा पित्तकफापहा ।
ज्वरहृद्रोगगुल्मार्शोभ्रमशूलविषप्रणुत् ।।

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Therapeutic usage : Cures *pitta jvara* (fever caused by vitiated *pitta*),vitiation of blood and *śūla* (colic pain).

[I. 246–247]

महाजालनिकानामगुणाः

महाजालनिका चर्मरङ्गी[356] स्यात्तिलपुष्पिका[357] ।
[358]आवर्त्तकी बिन्दुकिनी विभाण्डी रक्तपुष्पिका ।। 248 ।।

[359]महाजालनिका तिक्ता रेचनी कफपित्तजित् । [24 R.]
हन्ति दाहोदरानाहशोफकुष्ठक्रिमिज्वरान् ।। 249 ।।

जालिनीनामगुणाः

Mahājālanikā (Luffa cylindrica)

Syn. : *Mahājālanikā, carmaraṅgī, tilapuṣpikā, āvarttakī, bindukinī, vibhāṇḍī* and *rakta puṣpikā.*

Taste : Bitter.

Specific action : Purgative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *dāha* (burning syndrome), *udara* (obstinate abdominal diseases including ascites), *ānāha* (constipation), *śopha* (oedema), *kuṣṭha* (obstinate skin diseases including leprosy), krimi (parasitic infestation) and *jvara* (fever).

[I. 248–249]

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356. (ख) चर्मरङ्गः
357. (क) स्यापित्तनीलका
(ग) च पीतकीलका
358. (ग) आवर्त्तनी तिन्दुकिनी
359. (ग) स्यान्महाजालिका

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अतिविषानामगुणाः

अतिविषा शुक्लकन्दा विषा[360] प्रतिविषाऽपरा[361] ।
श्यामकन्दा शिता[362] शृंङ्गी भङ्गुरोप[363]विषाणिका ।। 250 ।।

श्यामकन्दा[364] *चोपविषा सा विज्ञेया चतुर्विधा ।*
रक्ता श्वेता भृशं कृष्णा पीतवर्णा तथैव च ।। 251 ।।

यथापूर्वं च विज्ञेया बल्या श्रेष्ठा गुणोत्तमा ।
विषौष्णा पाचनी तिक्ता श्लेष्मपित्तातिसारजित् ।। 252 ।।

अतुसीनामगुणाः

सर्वदोषहराऽग्र्य[365]*त्वाल्लेपाच्छ्वयथुनाशिनी ।*
[366]*श्लेष्मजान् विंशतिं रोगान् सद्यो हन्याद्रसायनी ।। 253 ।।*

Ativiṣā (Aconitum heterophyllum)

Syn. : *Ativiṣā, śuklakandā, viṣā, prativiṣā, śyāmakandā, śitā, śṛṅgī, bhaṅgura* and *upaviṣāṇikā.*

Taste : Bitter.

Potency : Hot.

Action : *Pācanī* (carminative).

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *atisāra* (diarrhoea).

Note : i) *Śyāmakandā* and *upaviṣā* are of four varieties, namely, red, white, black and yellow.

ii) Among these four varieties, former ones are more strong, good and superior in qualities than latter ones.

iii) Being best among all the varieties, red one alleviates all the three *doṣas*, i.e. *vāyu, pitta* and *kapha.*

It cures *śvayathu* (oedema) if applied externally.

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360. (ग) विश्वा 361. (ग) विषा 362. (क) नाग 363. (क) भङ्गुरोथवि०
364. (ग) रक्तकन्दा 365. (ग) चोग्रा 366. पाठोऽयं ग पुस्तकेनोपलभ्यते

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It also instantaneously cures twenty types of *śleṣmaja* or *kaphaja rogas* (diseases caused by the aggravation of *kapha*).

It is rejuvenating.

[I. 250–253]

काकमाची(मकोह)नामगुणाः

काकमाची ध्वांक्षमाची कामची[367] जघनी[368] फला ।
रसायनवरा[369] सर्वतिक्ता स्यात्काकिनी[370] कटुः ।। 254 ।।

काकमाची त्रिदोषघ्नी स्निग्धोष्णा स्वरशुक्रदा ।
हृद्या रसायनी शोफकुष्ठार्शोज्वरमेहजित्[371] ।। 255 ।।

[24V.]

काकमाचिनामगुणाः

Kākamācī (Solanum nigrum)

Syn. : Kākamācī, dhvāṅkṣamācī, kāmacī, jaghanī, phalā, rasāyanavarā, sarvatiktā, kākinī and *kaṭu.*

Attribute : Unctuous.

Potency : Hot.

Specific action : Cardiac tonic, rejuvenating, alleviator of all the three *doṣas* and promoter of voice and *śukra* (semen).

Therapeutic usage : Cures *śopha* (oedema), *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *jvara* (fever) and *meha* (obstinate urinary diseases including diabetes).

[I. 254 – 255]

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367. (ग) वायसी च घनाघना 368. (क) जघने 369. (ग) वायसाख्वा सर्वतिक्ता काकमाता च सुन्दरी
370. (क) स्यात्काकणी
371. "कटवी नेत्रहिता हिक्काछर्दिह्द्रोगनाशिनी' पाठोऽयं ग पुस्तके अधिकम् ।

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काकजंङ्घानामगुणाः

काकजंघा नदीकान्ता काकतिक्ता सुलोमजा[372] ।
[373]पारावतपदी काका[374] मदाऽन्या छर्दिकारिणी[375] ।। 256 ।।

[376]काकजंघा हिमा हन्ति रक्तपित्तकफज्वरान् ।। 257 ।।

Kākajaṅghā (Leea aequata)

Syn. : *Kākajaṅghā, nadīkāntā, kākatiktā, sulomajā, pārāvatapadī, kākā, madā* and *chardikāriṇī.*

Potency : Cold.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kaphaja jvara* (fever caused by vitiated *kapha*).

[I. 256–257]

लोध्रद्वयनामगुणाः

लोध्रस्तिरीटः कानीनस्तिलकः[377] शवरोद्भवः[378] ।
अन्यो घनत्वक्सरकः[379] श्वेतलोध्रोऽक्षिभेषजम् ।। 258 ।।

रोध्रो विरेचकः शीतश्चक्षुष्यः कफपित्तनुत् ।
कषायो रक्तशोफा[380]*सृग्ज्वरातीसारनाशनः ।*
तत्पुष्पं मधुरं ग्राहि सतिक्तं[381] *श्लेष्मपित्तजित्* ।। 259 ।।

लोधद्वयनामगुणाः

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372. (क) (ग) सुलोमसा
373. (ग) दासी काका च काकाङ्गी पारावतपदीत्यपि ।
374. (क) काके
375. (क) मददाकर्मणि तथा
376. (ग) काकजंघा हिमा तिक्ता कषाया कृमिनाशिनी ।
377. (क) (ग) तिल्वकः
हन्ति व्रणं विषं चैव रक्तपित्तज्वरान् ।।
378. (ख) संततोद्भवः (ग) काण्डकीलकः
379. (क) अन्योऽन्य घनत्वक्सारः
(ग) घनत्वक् सवरः
380.(ग) रक्तपित्तास्रज्वरातिसारशोथहृत्
381. (ग) सुतिक्तं

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Lodhra (Symplocos racemosa)

Syn. : *Lodhra, tiriṭa, kānīna, tilaka* and *śavarodbhava.*

Second Variety (**Symplocos crataegoides**).

Ghanatvak, saraka, śveta lodhra and *akṣibheṣaja.*

Both Varities of Lodhra

Taste : Astringent and bitter.

Potency : Cold.

Specific action : Purgative, promoters of eye-sight and alleviators of *kapha* and *pitta.*

Therapeutic usage : Cure vitiated *rakta* (blood), *śopha* (oedema), bleeding, *jvara* (fever) and *atisāra* (diarrhoea).

Flower

Taste : Sweet and bitter.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

[I. 258–259]

वृद्धदारुद्वयनामगुणाः

वृद्धदारुर्महाश्यामा छगली[382] जीर्णवल्कलः ।
[25R.] अन्या[383] कोटरपुष्पी स्यादावेगी छागलान्यपि[384] ॥ 260 ॥

वृद्धदारुः कषायोष्णः सरस्तिक्तो रसायनः ।
वृष्यो [वाताम]वातास्रशोफमेहकफान् जयेत्[385] ॥ 261 ॥

वृद्धदारुनामगुणाः

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382. (क) जंघलो जीर्णबालकः (ग) जुङ्गको दीर्घवालुकः
383. (ग) अन्त्री
384. (ग) छागलान्त्रिका
385. (क) शोफघ्नं प्रमेहं च
कफान् जयेत

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Vṛddhadāru (Argyreia speciosa)

Syn. **:** *Vṛddhadāru, mahāśyāmā, chagalī* and *jīrṇa valkala.*

Second Variety

Koṭarapuspī, āvegī and *chāgalānī.*

Taste : Astringent and bitter.

Specific action : Laxative, rejuvenating, *vṛṣya* (aphrodisiac) and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures vitiated blood, *śopha* (oedema) and *meha* (obstinate urinary diseases including diabetes).

[I. 260 – 261]

देवदालीनामगुणाः

देवदाली वृत्तकोशो[386] देवताण्डो गरागरी[387] ।
जीमूतस्तारका वेणी जालिन्याखुर्विषापहा[388] ।। 262 ।।

देवदाली रसे तिक्ता कफार्शःशोफपाण्डुताः[389] ।
नाशयेद्वामनी तीक्ष्णा क्षयहिक्काकृमिज्वरान् ।
देवदाली[390] च कटुका प्रमेहकामलापहा ।। 263 ।।

हथिआकांकडनामगुणाः

Devadālī (Luffa echinata)

Syn. : *Devadālī, vṛttakośa, devatāṇḍa, garāgarī, jīmūta, tārakā, veṇī, jālinī* and *ākhurviṣāpahā.*

Taste : Bitter and pungent.

Attribute : *Tīkṣṇā* (sharp).

Specific action : Emetic and alleviator of *kapha.*

Therapeutic usage : Cures *arśas* (piles), *pāṇḍutā* (anemia), *kṣaya*

386. (ख) वृत्तकोशी 387. (क) खराखरी 388. (ख)जालिन्यायुर्विषापहा
389. (क) देवदाली कटु पाके 390. पाठोऽयं ग पुस्तके नोपलभ्यते ।

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(consumption), *hikkā* (hiccup), *kṛmi* (parasitic infestation), *prameha* (obstinate urinary disorders including diabetes) and *kāmalā* (jaundice).

Note : Causes emesis.

[I. 262–263]

हंसपादीनामगुणाः

हंसपादी हंसपदी रक्तपादी त्रिपादिका ।
प्रह्लादिनी कीटमारी कीटमाता मधुस्रवा ।। 264 ।।

हंसपादी गुरुः शीता हन्ति रक्तविषव्रणान् ।
विसर्पदाहातीसारलूता भूताश्च रोपणी ।। 265 ।।

Haṃsapādī (Adiantum lunulatum)

Syn. : Haṃsapādī, haṃsapadī, raktapādī, tripādikā, prahlādinī, kīṭamārī, kīṭamātā and *madhusravā*.

Attribute : Heavy.

Potency : Cold.

Specific action : Ropaṇī (which helps in healing).

Therapeutic usage : Cures vitiated *rakta* (blood), *viṣa* (poisoning), *vraṇa* (ulcer), *visarpa* (erysipelas), *dāha* (burning sensation), *atisāra* (diarrhoea), *lūtā* (spider-bite) and *bhūta* (seizure by evil spirits).

[I. 264 – 265]

सोमवल्लीनामगुणाः

[24V.] सोमवल्ली यज्ञनेता सोमक्षीरी द्विजप्रिया ।
सोमवल्ली त्रिदोषघ्नी कटुस्तिक्ता रसायनी[391] ।। 266 ।।

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391. "शीता मदकरी दाहतृष्णाशोषविनाशिनी"।
पाठोऽयं ग पुस्तके अधिकमुपलभ्यते

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Somavallī

Syn. : *Somavallī, yajñaneta, somakṣīrī* and *dvijapriyā.*

Taste : Pungent and bitter.

Specific action : Alleviator of *tridoṣa*, namely, *vāyu, pitta* and *kapha* and rejuvenating.

Note : A plant of vedic repute; perhaps gone extinct.

[I. 266]

आकाशवल्लीनामगुणाः

आकाशवल्ली तु बुधैः कथिताऽमरवल्लरी ।
खवल्ली ग्राहिणी तिक्ता पिच्छिलाख्यामयापहा[392] ॥ 267 ॥

Ākāśavallī (Cuscuta reflexa)

Syn. : *Ākāśavallī, amaravallarī* and *khavallī.*

Taste : Bitter.

Attribute : *Picchilā* (slimy).

Specific action : Constipative.

Therapeutic usage : Cures different types of diseases.

[I. 267]

नाकुलीनामगुणाः

नाकुली समहा[393] सर्पगंधिनी गन्धनाकुली ।
[394]नकुलेष्टा महासर्पनेत्रा रोचकपत्रिका[395] ॥ 268 ॥

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392. "तुवराग्निकरी ह्या पित्तश्लेष्मामनाशिनी " 393. (क) तु महा (ग) सुवहा
पाठोऽयं ग पुस्तके अक्किमुपलभ्यते । 394. (ग) नकुलेष्टेश्वरी सर्पनेत्रा च रक्तपत्रिका
395. (क) चिरितपत्रिका
(ग) वटपत्री मोहिनीरावती खदवांगनामिका

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नाकुली विशदा[396] तिक्ता कटुकोष्णा विनाशयेत् ।
विषलूतावृश्चिकाखुसर्पाणां च कृमिव्रणान् ।। 269 ।।

Nākulī (Aristolochia indica)

Syn. : Nākulī, samahā, sarpagandhinī, gandhanākulī, nakuleṣṭā, mahāsarpanetrā and *rocakapatrikā.*

Taste : Bitter and pungent.

Attribute : Viśadā (non-slimy).

Potency : Hot.

Therapeutic usage : Cures poisons of *lūtā* (spider), *vṛścika* (scorpion), *ākhu* (rat) and *sarpa* (snake), *kṛmi* (parasitic infestation) and *vraṇa* (ulcer).

[I. 268 – 269]

वटपत्रीनामगुणाः

[397]वटपत्री मोहिनी स्याद्दीपनी रेचनी मता ।। 270 ।।

वटपत्री योनिगदान्कषायोष्णा[398] विनाशयेत्[399] ।
तत्फलं स्तम्भनं शीतं वातलं कफपित्तजित् ।। 271 ।।

पटपत्रीनामगुणाः

Vaṭapatrī (A Variety of Ocimum basilicum)

Syn. : Vaṭapatrī, mohinī, dīpanī and *recanī.*

Taste : Astringent.

Potency : Hot.

Therapeutic usage : Cures *yonigada* (diseases of female genital organ).

Fruit

Potency : Cold.

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396. (ख) (ग) तुवरा 397. (क) पटपत्री 398. (ग) कषायोष्णा योनिमूत्रगदापहा
399. "दीपनी रेचनी बल्या दद्रुमेहव्रणप्रणुत्।" पाठोऽयं ग पुस्तके अधिकम् ।

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Specific action : It is *stambhana* (constipative) and alleviator of *kapha* and *pitta.*

Note : It aggravates *vāyu.*

[I. 270 – 271]

लज्जालुनामगुणाः

लज्जालुर्मोहिनी[400] स्पृक्का खदिरी गंधकारिणी ।
नमस्कारी शमी पत्री समङ्गा रक्तपादिका ।। 272 ।।

[26R.] लज्जालुः शीतला तिक्ता कषाया श्लेष्मपित्तजित् ।
रक्तपित्तमतीसारं योनिरोगान् विनाशयेत् ।। 273 ।।

Lajjālu (Mimosa pudica)

Syn. : *Lajjālu, mohinī, spṛkkā, khadirī, gandhakāriṇī, namaskārī, śamī, patrī, samaṅgā* and *raktapādikā.*

Taste : Bitter and astringent.

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *atīsāra* (diarrhoea) and *yoniroga* (diseases of female genital tract).

[I. 272–273]

मुसलीनामगुणाः

मुसली खलनी तालपत्री कांचनपुष्पिका[401] ।
महावृक्षा[402] वृक्षकन्दः खर्जूरी तालमूलिका ।। 274 ।।

मुसली मधुरा वृष्या वीर्योष्णा बृंहणी गुरुः ।
तिक्ता रसायनी हन्ति गुदजाननिलं तथा ।। 275 ।।

400. (ग) लज्जालुः कन्दिरी स्पृक्का खदिरा गण्डमालिका 401. (ग) ०पत्रिका
402. (ग) महावृष्या हेमपुष्पी

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Musalī (Chlorophytum tuberosum)

Syn. : Musalī, khalanī, tālapatrī, kāñcanapuṣpikā, mahāvṛkṣā, vṛkṣa kanda, kharjūrī and *tālamūlikā.*

Taste : Sweet and bitter.

Attribute : Heavy.

Potency : Hot.

Specific action : Aphrodisiac, nourishing and rejuvenating and alleviator of *vāyu.*

Therapeutic usage : Cures *gudaja* (anal diseases).

[I. 274 – 275]

कपिकच्छूनामगुणाः

कपिकच्छूः स्वयंगुप्ता कण्डूला[403] दुरग्रहा ।
चण्डाऽऽत्मगुप्ता लांगूली मर्कटी स्यात्प्रहर्षणी[404] ।। 276 ।।

कपिकच्छूः परं वृष्या मधुरा बृंहणी गुरुः[405] ।
तद्बीजं वातशमनं वाजीकरणमुत्तमम् ।। 277 ।।

वाइढ़कनामगुणाः

Kapikacchū (Mucuna pruriens)

Syn. :Kapikacchū, svayaṅguptā, kaṇḍūlā, dukhagrahā, caṇḍā, ātmaguptā, lāṅgūlī, markaṭī and *praharṣaṇī.*

Taste : Sweet.

Attribute: Heavy.

Specific action : An excellent aphrodisiac and nourishing.

Seed

Specific action : Alleviator of *vāyu* and excellent *vājīkaraṇa* (aphrodisiac).

[I. 276 – 277]

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403. (ग) कण्डूरा दुरभिग्रहा 404. (ग) प्रावृषायणी
405. "तिक्ता वातहरी बल्या कफपित्तास्रनाशिनी ।" पाठोऽयं ग पुस्तके अधिकम् ।

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पुत्रजीवनामगुणाः

[26V.] पुत्रजीवो गर्भकरो यष्टीपुत्रो[406]ऽर्थसाधनः ।
पुत्रजीवो गुरुर्वृष्यो गर्भदः श्लेष्मवातजित्[407,408] ॥ 278 ॥

पुइंगन्धिनामगुणाः

Putrajīva (Putranjiva roxburghii)

Syn. : *Putrajīva, garbhakara, yaṣṭīputra* and *arthasādhana.*

Attribute : Heavy.

Specific action : *Vṛṣya* (aphrodisiac), *garbhada* (which helps in conception) and alleviator of *kapha* and *vāyu.*

[I. 278]

वन्ध्यानामगुणाः

वन्ध्याकर्कोटकी देवी कुमारी विषनाशिनी ।
मनोज्ञा नागदमनी वन्ध्या योगीश्वरी मता[409] ॥ 279 ॥

वन्ध्याकर्कोटकी लघ्वी कफनुद् व्रणशोधनी ।
सर्पदंशहरा तीक्ष्णा वीसर्पविषनाशिनी[410] ॥ 280 ॥

वन्ध्याकर्कोटकीनामगुणाः

Vandhyā (A Variety of Momordica cochinchinensis)

Syn. : *Vandhyākarkoṭaki, devī, kumārī, viṣanāśinī, manojñā, nāgadamanī* and *yogīśvarī.*

Attributes : Light and sharp.

Specific action : Alleviates *kapha* and claenses *vraṇa* (ulcer).

Therapeutic usage : Cures snake-bite, *visarpa* (erysipelas) and *viṣa* (poisoning).

[I. 279 – 280]

406. यष्टीपुष्पो (ग) यष्टीपुष्पोऽर्थसाधकः
407. (क) श्लेष्मवातकृत्
408. "शृष्टमूत्रमलो रूक्षो हिमः स्वादुः पटुः कटुः" पाठोऽयं ग पुस्तके अधिकम् ।
409. (क) ऋता
410. (क) प्राणदा

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विष्णुक्रान्तानामगुणाः

विष्णुक्रान्ता नीलपुष्पी जया वश्याऽपराजिता ।
विष्णुक्रान्ता कटुर्मेध्या कृमिव्रणकफान् जयेत् ।। 281 ।।

अपराजितानामगुणाः

Viṣṇukrāntā (Clitoria ternatea)

Syn. :Viṣṇukrāntā, nīlapuṣpī, jayā, vaśyā and *aparājitā.*

Taste : Pungent.

Specific action : Promotes intellect and alleviates *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation) and *vraṇa* (ulcer).

[I. 281]

शंखपुष्पीनामगुणाः

[27R.] शंखपुष्पी शंखनाम्नी किरीटी कम्बुमालिनी ।
शंखाहुली[411] *स्मृतिहिता मेध्या वर्णविलासिनी*[412] ।। 282 ।।

[413]शंखपुष्पी सरा मेध्या मता चेतोऽविकारिणी[414] ।
रसायनी कषायोष्णा स्मृतिदा मोहनाशिनी ।। 283 ।।

शंखिनीनामगुणाः

Śaṅkhapuṣpī (Evolvulus alsinoides)

Syn. : Śaṅkhapuṣpī, śaṅkhanāmnī, kirīṭī, kambumālinī, śaṅkhāhulī, smṛtihitā, medhyā and *varṇavilāsinī.*

Taste : Astringent.

Potency : Hot.

Specific action : Sarā (laxative), rejuvenating and promoter of intellect and memory.

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411. (ग) कम्बुपुष्पी 412. (ग) वनविलासिनी
413. (क) कम्बुपुष्पी सरा मेध्या स्मृतिदा मेहनाशिनी । 414. चेतोविकारहृत

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Therapeutic usage : Cures mental disturbances and *moha* (unconsciousness).

[I. 282 – 283]

दुग्धिकानामगुणाः

दुग्धिका मधुपर्णी[415] स्यात्क्षीरिणी[416] स्वादुपुष्पिका ।। 284 ।।

दुग्धिकोष्णा गुरू रूक्षा वातला गर्भकारिणी[417]।
स्वादुर्विष्टम्भिनी वृष्या कफकुष्ठकृमीन् जयेत् ।। 285 ।।

Dugdhikā (Euphorbia thymifolia)

Syn. : *Dugdhikā, madhuparṇī, kṣīriṇī* and *svādupuṣpikā.*

Taste : Sweet.

Attributes : Heavy and ununctuous.

Potency : Hot.

Specific action : *Vṛṣyā* (aphrodisiac), helps in conception and alleviates *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and *kṛmi* (parasitic infestation).

Note : i) Aggravates *vāyu.*

ii) It is *viṣṭambhinī* (wind forming).

[I. 284 – 285]

अर्कपुष्पीनामगुणाः

अर्कपुष्पी क्रूरकन्दा[418] जलकामाऽभिरण्डिका[419] ।
अर्कपुष्पी कृमिश्लेष्ममेहपित्तविकारजित् ।। 286 ।।

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415. (ग) स्वादुपर्णी 416. (ग) क्षीरावी

417. "स्वादुक्षीरा कटुस्तिक्ता शृष्टमूत्रमलपहा" 418(क) (ग) क्रूरकर्मा पाठोऽयं ग पुस्तके अधिकमुपलभ्यते । 419. (क) जलकामा निरिण्डिका (ग) पयस्या जलकामुका

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Arkapuṣpī (Holostemma annulare)

Syn. : Arkapuṣpī, krūrakandā, jalakāmā and *abhiraṇḍikā.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *meha* (obstinate urinary diseases including diabetes) and diseases caused by the vitiation of *pitta.*

[I. 286]

भल्लातकनामगुणाः

भल्लातको नभोवल्ली[420] वीरवृक्षोऽग्निवृक्षकः[421] ।
आरुष्करस्तथा[422] रूक्षस्तपनोऽग्निमुखी धनुः ।। 287 ।।

[27V.] भल्लातकः कषायोष्णः शुक्रलो मधुरो लघुः ।
वातश्लेष्मोदरानाहकुष्ठार्शोग्रहणीगदान् ।
हन्ति गुल्मज्वरश्वित्रवह्निमान्द्यकृमिव्रणान् ।। 288 ।।

Bhallātaka (Semecarpus anacardium)

Syn. : Bhallātaka, nabhovallī, vīravṛkṣa, agni vṛkṣaka, āruskara, rūkṣa, tapana, agnimukhī and *dhanu.*

Taste : Astringent and sweet.

Attribute : Light.

Potency : Hot.

Specific action : Promotes *śukra* (semen) and alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *udara* (obstinate abdominal diseases including ascites), *ānāha* (constipation), *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *grahaṇī gada* (sprue syndrome), *gulma* (phantom tumour), *jvara* (fever), *śvitra* (a type of leucoderma), *vahnimāndya* (suppression of the power of digestion), *kṛmi* (parasitic infestation) and *vraṇa* (ulcer).

[I. 287 – 288]

420. (ग) वह्निनामा
421. (ख) अग्निवक्रकः (ग) अग्निकत्तकः
422. (ग) ०स्तथाऽरुष्क

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चरपोटानामगुणाः[423]

चरपोटा[424] दीर्घपत्रा[425] कुन्तला तिक्तका मता ।
चरपोटा हिमा रूक्षा भेदिनी श्वासकासजित् ।। 289 ।।

वरपोटानामगुणाः

Carapoṭā

Syn. : *Carapoṭā, dīrghapatrā, kuntalā* and *tiktakā.*

Attribute : Ununctuous.

Potency : Cold.

Specific action : *Bhedinī* (purgative).

Therapeutic usage : Cures *śvāsa* (dyspnoea) and *kāsa* (cough).

[I. 289]

द्रोणपुष्पीनामगुणाः

द्रोणपुष्पो श्वसनकः[427] पालिन्दी कुम्भयोनिका ।
[428]छत्राणी छत्रको[429] द्रोणा कौण्डिन्यो वृक्षसारकः ।। 290 ।।

द्रोणपुष्पी गुरू रूक्षा स्वादूष्णा वातपित्तनुत् ।
भेदिनी कामलाशोफककफक्रिमिहरा कटुः ।। 291 ।।

गयसनामगुणाः

Droṇapuṣpī (Leucals cephalotes)

Syn. : *Droṇapuṣpa, śvasanaka, pālindī, kumbhayonikā, chatrāṇī, chatraka, droṇā, kauṇḍinya* and *vṛkṣa sāraka.*

Taste : Sweet and pungent.

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423. पाठोऽयं ग पुस्तके नोपलभ्यते । स्थानेऽस्मिन्
"महाचंचुनामगुणाः महाचंचुदीर्घपत्री विषारिः स्थूलचुंचुकाः ।
महाचुंचु कटूष्णा च कषाया मलरोधिनी ।
गुल्मशूलोदराशार्शोघ्नी विषघ्नी च रसायनी" इति पाठान्तरः।

424. (क) वरपोटा
425. (ख) दीर्घपत्री
426. (ख) कुन्तली
427. (ग) क्षवपत्री कुरुम्वा
428. (ग) कुम्भा द्रोणा फलेपुष्पा सुपुष्पा चित्रपत्रिका
429. (क) छत्रातिछत्रको

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Attributes : Heavy and ununctuous.

Potency : Hot.

Specific action : Purgative and alleviates *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *kāmalā* (jaundice), *śopha* (oedema) and *krimi* (parasitic infestation).

[I. 290 – 291]

ब्राह्मीब्राह्ममण्डूकी(मण्डूकपर्णी)नामगुणाः

[28R.] ब्राह्मी सरस्वती सोमा सत्याह्वा ब्रह्मचारिणी ।। 292 ।।

मण्डूकपर्णी माण्डूकी त्वष्टी[430] दिव्या महौषधिः ।
कपोतविट्का मुनिका लावण्या सोमवल्लरी ।। 293 ।।

ब्राह्मी हिमा सरा स्वादुर्लघुर्मेध्या रसायनी ।
स्वर्या स्मृतिप्रदा कुष्ठपाण्डुमेहास्रकासजित् ।
विषशोफज्वरहरा तद्वन्मण्डूकपत्रिणी[431] ।। 294 ।।

Brāhmī (Bacopa monnieri)

Syn. : *Brāhmī, sarasvatī, somā, satyāhvā* and *brahmacāriṇī.*

Taste : Sweet.

Attribute: Light.

Potency : Cold.

Specific action : Laxative, rejuvenating and promoter of intellect, voice and memory.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *pāṇḍu* (anemia), *meha* (obstinate urinary diseases including diabetes), vitiation of blood, *kāsa* (bronchitis), *viṣa* (poisoning), *śopha* (oedema) and *jvara* (fever).

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430. (ग) त्वाष्ट्री

431. (क) ०मण्डूकपत्रिका (ग) मण्डूकपर्ण्यपि

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Brāhmamaṇḍūkī (Centella asiatica)

Syn. : *Maṇḍūkaparṇi, māṇḍūkī, tvaṣṭī, divya, mahauṣadhi, kapota viṭkā, munikā, lāvaṇyā* and *somavallarī.*

Note : It is similar to *brāhmī* in properties.

[I. 292 – 294]

(सुवर्चला)ब्रह्मसुवर्चलानामगुणाः

[28V.] सुवर्चलाऽर्ककान्ता स्यात्सूर्यभक्ता सुखोद्भवा ।
सूर्यावर्त्ता रविप्रीता त्वन्या ब्रह्मसुवर्चला[432] ।। 295 ।।

सुवर्चला गुरुः शीता मूत्रला कफवातजित् ।
अन्योष्णा कुष्ठमेहाश्मकृच्छ्रज्वरहरा लघुः ।। 296 ।।

सुवर्चलाब्रह्मसुवर्चलानामगुणाः

Suvarcalā

Syn. : *Suvarcalā, arkakāntā, sūryabhaktā, sukhodbhavā, sūryāvartta* and *raviprītā.*

Attribute : Heavy.

Potency : Cold.

Specific action : Diuretic and alleviator of *kapha* and *vāta.*

Brahma Suvarcalā (Malva sylvestris)

Syn. : *Brahmasuvarcalā.*

Attribute : Light.

Potency : Hot.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *meha* (obstinate urinary diseases including diabetes), *aśma* (stone in urinary tract), *kṛcchra* (dysuria) and *jvara* (fever).

[I. 295 – 296]

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432. "हिरण्यक्षीरा सा ज्ञेया जलान्ते परिसर्पति"
पाठोऽयं ग पुस्तके अधिकमुपलभ्यते ।

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मत्स्याक्षीनामगुणाः

मत्स्याक्षी बालिका[433] मत्स्यगन्धी[434] मत्स्यादनी तथा ।
मत्स्याक्षी ग्राहिणी शीता कुष्ठपित्तकफास्रनुत्[435] ।। 297 ।।

Matsyākṣī (Enhydra fluctuans)

Syn.: Matsyākṣī, bālikā, matsyagandhī and *matsyādanī.*

Potency : Cold.

Specific action : Constipative and alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and vitiation of blood.

[I. 297]

जलपिप्पलीनामगुणाः

तोय[436]पिप्पल्यम्बुवल्ली पलूरः[437] कंचटस्तथा[438] ।। 298 ।।

जलपिप्पलिका ह्द्या चक्षुष्या शुक्रला लघुः ।
संग्राहिणी हिमा रूक्षा रक्तदाहव्रणापहा[439] ।। 299 ।। [29R.]

Jalapippalī (Lippia nodiflora)

Syn. : Toyapippalī, ambu vallī, palūra and *kaṅcaṭa.*

Attributes : Light and ununctuous.

Potency : Cold.

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433. (क) ब्राह्मीका 434. (ग) मत्स्यगन्धा
435. "लघुस्तिक्ता कषाया च स्वाद्वी कटुविपाकिनी" पाठोऽयं ग पुस्तके अधिकम् ।
436. (ग) जल० 437. (ग) शारदी
438. "मत्स्यगन्धा लाङ्गलिका तथैव तोयपिप्पली ।"
इति ग पुस्तके अधिकम् ।
439. " कटुपाकरसा रुच्या कषाया वह्निवर्द्धिनी ।"
इति ग पुस्तके अधिकम् ।

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Specific action : Cardiac tonic, promoter of eye-sight and semen and constipative.

Therapeutic usage : Cures vitiated *rakta* (blood), *dāha* (burning syndrome) and *vraṇa* (ulcer).

[I. 298 – 299]

गोजिह्वानामगुणाः

गोजिह्वा गोजिका गोभी दार्विका स्वरपर्णिनी ।। 300 ।।

गोजिह्वा वातला शीता ग्राहिणी कफपित्तनुत् ।
ह्द्या प्रमेहकासास्रव्रणज्वरहरा लघुः[440] ।। 301 ।।

Gojihvā (Launaea aspleniifolia)

Syn. :*Gojihvā, gojikā, gobhī, dārvikā* and *svaraparṇinī.*

Attribute : Light.

Potency : Cold

Specific action : Constipative, cardiac tonic and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *prameha* (obstinate urinary diseases including diabetes), *kāsa* (bronchitis), vitiated blood, *vraṇa* (ulcer) and *jvara* (fever).

[I. 300 – 301]

नागदमनीनामगुणाः

[441]नागाह्वा दमनी नागगन्धा भुजगपर्णिनी[442] ।
स्यान्नागदमनी वर्ण्या[443] लूतासर्पविषापहा ।। 302 ।।

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440. "कोमला त्रुवरा तिक्ता स्वादुपाकरसा स्मृता ।" इति ग पुस्तके अधिकम् ।
441. (ग) स्यान्नागदमनी
442. "नागाह्वा नागपुष्पी च महायोगेश्वरीति च ।" इति ग पुस्तके अधिकम् ।
443. (ग) तिक्ता

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Nāgadamanī (Artemisia vulgaris)

Syn. : Nāgāhvā, damanī, nāga gandhā and *bhujaga parṇinī.*

Specific action : Promotes complexion.

Therapeutic usage : Cures the poisons of *lūtā* (spider) and snake.

[I. 302]

गुंजा(द्वय)नामगुणाः

गुंजा शिखण्डिका[445] ताम्रा रक्तिका काकनासिका[446] ।
श्वेताऽन्या चक्रिका चूडा दुर्मुखा काकपीलुका ।। 303 ।।

गुंजा केश्या बलकरा त्वच्या पित्तकफापहा ।
नेत्रामयहरा वृष्या हन्ति कण्डूग्रहव्रणान् ।
कृमीन्द्रलुप्तकुष्ठानि तद्वच्छ्वेतापि च शस्यते ।। 304 ।। [29V.]

Guñjā (Abrus precatorius)

Syn. : Guñjā, śikhaṇḍikā, tāmrā, raktikā and *kākanāsikā.*

Specific action : Aphrodisiac, useful for hair and skin, strength promoting and alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures eye-diseases, *kaṇḍū* (itches), *graha* (seizure by evil spirits); *vraṇa* (ulcer), *kṛmi* (parasitic infestation) and *pralupta kuṣṭha* (neurotic variety of leprosy).

White Variety of Guñjā

Syn. :Cakrikā, cūḍā, durmukhā and *kākapīlukā.*

Note : It is similar to red variety of *guñjā* in properties.

[I. 303 – 304]

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444. "कटुः पित्तव्रणकफकृच्छ्रग्रहहरी लघुः ।"
इति ग पुस्तके अधिकम् ।

445. (ग) शिखण्डिनि

446. (क) (ग) काकणन्तिका

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वेल्लन्तरनामगुणाः

वेल्लन्तरो[447] दीर्घपत्रो[448] वीरद्रुर्बहुवारकः ।
वेल्लन्तरोऽश्मनुद् ग्राही कफकृच्छ्रानिलार्तिजित् ।। 305 ।।

Vellantara (Dichrostachys cinerea)

Syn. :*Vellantara, dīrghapatra, vīradru* and *bahuvāraka.*

Specific action : Constipative and alleviator of *kapha.*

Therapeutic usage : Cures *aśma* (stone in urinary tract), *kṛcchra* (dysuria) and diseases caused by vitiated *vāyu.*

[I. 305]

वन्दानामगुणाः

वन्दाकः[451] स्याद् वृक्षरुहा[452] शेखरी कामवृक्षकः ।
वृक्षादनी कामतरुः कामिन्यापदरोहिणी[453] ।। 306 ।।

वन्दाकः कफ[454]वातास्रशोफ[455]व्रणविषापहः[456] ।। 307 ।।

कामतरुनामगुणाः

Vandā (Vanda roxburghii)

Syn. : *Vandāka, vṛkṣaruhā, śekharī, kāmavṛkṣaka, vṛkṣādanī, kāmataru, kāminī* and *āpadarohiṇī.*

Specific action : Alleviates *kapha.*

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447. (क) विल्वन्तरो 448. (ग) वीरतरुर्वीरद्रुवीरवृक्षकः
449. (क) वीरद्रुर्वज्रदारकः 450. स्थानेऽस्मिन ग पुस्तके
'वेल्लन्तरो रसे पाके तिक्तस्तृष्णाकफापहः ।
मूत्राघाताश्मनुद् ग्राही योनिकृच्छ्रानिलार्त्तिजित् ।।
बिल्वन्तरो जगति वीरतरुः प्रसिद्धः ।
श्वेतासितारूणविलोहितपीतपुष्पः ।।
451. (क) वन्याकः
452. (क) कामिन्यापद्म० (ग) कामिनी रोहिणी तथा
453. (ग) वृक्षरुहः
454. (ख) कण्ठवात०
455. (क) ०व्रणक्षोग्रजवि०
456. "माङ्गल्यश्च हिमस्तिक्तः कषायमधुरो रसे"
स्याज्जातित्युल्यकुसुमः शमिसूक्ष्मपत्रः ।
स्यात्कण्टकी विजलदेशज एष वृक्षः ।" इति पाठान्तरः ।
इति ग पुस्तके अधिकम् ।

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Therapeutic usage: Cures *vāta rakta* (gout), *śopha* (oedema), *vraṇa* (ulcer) and *viṣa* (poisoning).

[I. 306 – 307]

पिण्डारनामगुणाः

पिण्डारः करहाटः स्यात्तीक्ष्णकालः[457] कुरंगकः ।
पिण्डारो मधुरः शीतः शोथपित्तकफापहः[458] ।। 308 ।।

Piṇḍāra (Gardenia turgida)

Syn. : *Piṇḍāra, karahāṭa, tīkṣṇakāla* and *kuraṅgaka.*

Taste : Sweet.

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *śotha* (oedema).

[I. 308]

छिक्किकानामगुणाः

छिक्किका क्षवकः क्रूरो नासासंवेदनः पटुः[459] ।
छिक्किका[460] पित्तला कुष्ठक्रिमिवातकफापहा ।। 309 ।।

छिकिणीनामगुणाः

Chikkikā (Centipeda minima)

Syn. : *Chikkikā, kṣavaka, krūra, nāsāsaṃvedana* and *paṭu.*

Specific action : Alleviates *vāyu* and *kapha.*

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457. (ग) oकीलः

458. "तत्फलं शीतलं बल्यं पित्तघ्नं रूचिकारकम् । 459. (क) कटुः
पाके लघु विशेषेण विषशान्तिकरं स्मृतम् ।।" इति ग पुस्तके अधिकम् ।

460. स्थानेऽस्मिन् ग पुस्तके
"छिक्किका कटुका बल्या तीक्ष्णोष्णा वह्निपित्तकृत् ।
वातरक्तहरी कुष्ठकृमिवातकफापहा" ।। इति पाठान्तरः ।

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Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and *krimi* (parasitic infestation).

Note : It aggravates *pitta*.

[I. 309]

रोहितवृक्षनामगुणाः

रोहितो दाडिमीपुष्पो लोहितः[461] कूटशाल्मलिः । [30R.]
प्लीहारी रोहिणी रोही रक्तघ्नः पारिजातकः ।। 310 ।।

रोहितकः सरो गुल्मयकृत्प्लीहोदरापहः[462] ।। 311 ।।

रोहीतकनामगुणाः

Rohitavṛkṣa (Tecomella undulata)

Syn. : *Rohita, dāḍimīpuṣpa, lohita, kūṭaśālmali, plīhārī, rohiṇī, rohī, raktaghna* and *pārijātaka.*

Specific action : *Sara* (laxative).

Therapeutic usage : Cures *gulma* (phantom tumour), *yakṛt* (diseases of liver), *plīhā* (splenic disorders) and *udara* (obstinate abdominal diseases including ascites).

[I. 310 – 311]

मोचरसनामगुणाः

मोचकः स्यान्मोचरसः शाल्मलीवेष्टकः स्मृतः ।
मोचनिर्यासकः पिच्छा मोचाम्रावी च वेष्टकः[463] ।। 312 ।।

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461. (ख) रोहितः
462. "कटुः स्निग्धः कषायश्च शीतलः कृमिनाशनः"
इति ग पुस्तके अधिको पाठः ।
463. (ग) पिच्छलः

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मोचकः शीतलो ग्राही गुरुर्वृष्योऽतिसारजित् ।
प्रवाहकासपित्तास्रकफदाहनिबर्हणः ।। 313 ।।

Mocarasa (Salmalia malabarica)

Syn. : Mocaka, *mocarasa, śālmalīveṣṭaka, mocaniryāsaka, picchā, mocāsrāvī* and *veṣṭaka.*

Attribute : Heavy.

Potency : Cold.

Specific action : Constipative, aphrodisiac and alleviator of *kapha.*

Therapeutic usage : Cures *atisāra* (diarrhoea), *pravāha* (dysentery), *kāsa* (bronchitis), *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *dāha* (burning syndrome).

[I. 312 – 313]

अजगन्धानामगुणाः

अजगन्धा बस्तगन्धा कबरी पूतवर्वरः[464] ।
अजगन्धा लघू रुच्या ह्द्या तु कफवातनुत्[465] ।। 314 ।।

Ajagandhā (Gynandropsis gynandra)

Syn. : Ajagandhā, *bastagandhā, kabarī* and *pūtavarvara.*

Attribute : Light.

Specific action : Appetiser, cardiac tonic and alleviator of *kapha* and *vāyu.*

[I. 314]

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464. "ब्रह्मगर्भ चोग्रगन्धा खरपुष्पाविगन्धिका ।
बर्ब्बरी तुवरी तुङ्गी खरपुष्प्यजगन्धिका ।।"
इति ग पुस्तके अधिको पाठः ।

465. "पर्णाशस्तत्र कृष्णे तु कठिंजरकुठेरको ।
कालमारः करालश्च मालूकः कृष्णमल्लिका ।।
तत्र शुक्लेऽर्जकः प्रोक्तो वटपत्रस्ततोऽपरः ।
वर्ब्बरी त्रितयः रूक्षः शीतः कटु विदाहि च ।।
तीक्ष्णः रुचिकरः ह्द्यः दीपनं लघुपाकि च ।
पित्तलं कफवातास्रकण्डूक्रिमिविषापहम् ।।"
इति ग पुस्तके अधिको पाठः ।

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सहचरनामगुणाः

सौरेयकः[466] सहचरः सौरेयः[467] किंकरातकः ।
[30V.] दासीसहचरः झिण्टी[468] शैर्यको[469] मृदुकण्टकः ।। 315 ।।

रक्तपुष्पः कुरुवकः[470] पीतो ज्ञेयः कुरण्टकः ।
नील आर्त्तगलः प्रोक्तो बाणा गोद[471]नपाक्यपि ।। 316 ।।

सौरेयः[472] कुष्ठवातास्रकफकण्डूविषापहः ।
तिक्तोष्णो मधुरः केश्यः[473] सुस्निग्धः केशरंजनः ।। 317 ।।

दासकेरण्टनामगुणाः

Sahacara (Barleria prionitis)

Syn. : *Saureyaka, sahacara, saureya, kiṅkarātaka, dāsī sahacara, jhiṇṭī, śairyaka* and *mṛdukaṇṭaka.*

Yellow Variety of Kuraṇṭaka

Syn. : Rakta puṣpa and *kuruvaka.*

Blue Variety of Kuraṇṭaka

Syn. : Ārttagala, bāṇa and *godanapākī.*

Properties

Taste : Bitter and sweet.

Attribute : Very unctuous.

Potency : Hot.

Specific action : Alleviator of *kapha*, useful for hair, and is a hairdye.

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466. (क) सौरीयकः (ग) सौरेयकं
467. (ग) सैरेयः
468. (ख) किण्टी
469. (ख) शैर्षको
470. (क) क्रूररकः
471. (ग) चोदन०
472. (ग) सैरेयः
473. (ग) मधुरोऽम्लः

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Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *vāta rakta* (gout), *kaṇḍū* (itches) and *viṣa* (poisoning).

[I. 315 – 317]

कटभीनामगुणाः

श्वेतस्यन्दा श्वेतपुष्पा कटभिर्गिरिकर्णिका ।
सिताऽपराजिता श्वेता विषघ्नी मेहनाशिनी ।। 318 ।।

नीलस्यन्दा व्यक्तगन्धा नीलपुष्पा गवादिनी ।। 319 ।।

श्वेतस्यन्दाद्वयं शीतं[474] ग्रहघ्नं दृष्टिकुण्ठकृत् ।
कुष्ठशूलत्रिदोषामशोफव्रणविषापहम् ।। 320 ।।

श्वेत अपराजितानामगुणाः

Kaṭabhī (White Variety of Clitoria ternatea)

Syn. : *Śvetasyandā, śveta puṣpā, kaṭabhi, girikarṇikā, sitā, aparājitā, śvetā, viṣaghnī* and *mehanāśinī.*

Nīlasyandā (Variety of Kaṭabhī)

Syn. : *Nīlasyandā, vyaktagandhā, nīlapuṣpā* and *gavādinī.*

Śveta and Nīla Syandā

Potency : Cold.

Specific action : Alleviate all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cure *graha* (afflictions by planets or evil spirits), *kuṣṭha* (obstinate skin diseases including leprosy), *śūla* (colic pain), *āma* (a product of improper digestion and metabolism), *śopha* (oedema), *vraṇa* (ulcer) and *viṣa* (poisoning).

Note : These cause the loss of eye-sight.

[I. 318 – 320]

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474. (ग) स्यन्दाद्वयं भवति पीतं

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इक्षुरनामगुणाः

इक्षुरः क्षुरमेधाण्डः कोकिलाक्षः क्षुरः स्मृतः ।
तैलकण्डस्तिक्षुरिक्षुर्बालिका चेक्षुगन्धिका[475] ।। 321 ।।

इक्षुरः[476] शीतलो वृष्यो गुरुर्वात[477]कफाम्रजित्[478] ।। 322 ।।

कोईलखानामगुणाः

Ikṣura (Asteracantha longifolia)

Syn. : Ikṣura, kṣuramedhāṇḍa, kokilākṣa, kṣura, tailakaṇḍa, tikṣarikṣu, bālikā and *ikṣugandhikā.*

Attribute : Heavy.

Potency : Cold.

Specific action : Aphrodisiac and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures vitiation of blood.

[I. 321 – 322]

कार्पासनामगुणाः

[479]कार्पासः पट[480]शूलश्छादनी[481] वादरः पिचुः ।। 323 ।।

कार्पासको[482] लघुः कोष्णो मधुरो वातनाशनः ।
तद्बीजं स्तन्यदं वृष्यं स्निग्धं कफकरं गुरु ।। 324 ।।

कपासनामगुणाः

Kārpāsa (Gossypium arboreum)

Syn. : Kārpāsa, paṭaśūla, chādanī, vādara and *picu.*

Taste : Sweet.

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475. (ग) इक्षुरः कोकिलाक्षस्तु काण्डेक्षुः क्षुरकः क्षुरः ।
वज्रकण्टस्तथा भिक्षुश्चेक्षु गन्धेक्षुबालिका ।।
476. क्षुरकः
477. गुरुर्गुदाकफा०
478. "स्वाद्वम्लः पित्तलस्तिक्तः शोथतृष्णास्नादृष्टिजित् ।"
इति ग पुस्तके अधिकः पाठः ।
479. स्थानेऽस्मिन् ग पुस्तके
कार्पासः पटदस्थूलः कार्पासी वादरः पिचुः ।
तुण्डिकेरी समुद्रान्तः सारिणी मरुसम्भवः ।।
480. (क) पदशूल.
481. (ख) छादवनी
482. (ग) कार्पासस्तु

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Attribute : Light.

Potency : Slightly hot.

Specific action : Alleviates *vāyu.*

Seed

Attributes : Unctuous and heavy.

Specific action : Promoter of breast-milk, and aphrodisiac.

Note : It aggravates *kapha.*

[I. 323 – 324]

आरामशीतलानामगुणाः

आरीमशीतला[483] देवी[484] गन्धा कुक्कुरमर्दनः[485] ।
आरीमशीतला शीता कटु पित्तकफास्रजित्[486] ।। 325 ।।

Ārāmaśītalā

Syn. : *Ārāmaśītalā, devī, gandhā* and *kukkuramardana.*

Taste : Pungent.

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures vitiation of blood. [I. 325]

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483. स्थानेऽस्मिन् ग पुस्तके
"कार्पासकी लघुः कोष्णा मधुरा वातनाशनी ।
रक्तकर्पासिका स्वाद्वी स्तन्यवृद्धिकरी तथा ।
किंचिदुष्णा बलकरी कषाया च लघुः स्मृता ।।
कफपित्ततृषादाहभ्रमश्रमवमीहरा ।
मूर्च्छा विनाशिनी शीता प्रोक्ता गुणविशारदैः ।।
तत्पलाशं समीरघ्नं रक्तक्रूम्नूत्रवर्द्धनम् ।
तत्कर्णपीडिकानाहपुंसर्वावविनाशनम् ।।"

484. (क) देवगन्धा

485. स्थानेऽस्मिन् ग पुस्तके
"आरामशीतला रामा दिव्यगन्धा सुगन्धिका ।
शीतला च महानन्दा नन्दी कुक्कुटमर्दका ।।" इति पाठः ।

486. "दाहशोषहरा प्रोक्ता व्रणविस्फोटनाशनी ।।"
इति ग पुस्तके अधिकः पाठः ।।

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कुक्कुरद्रुनामगुणाः

कुक्कुरद्रुस्ताम्रचूडः सूक्ष्मपत्त्रो[487] मृदुच्छदः[488] ।
[31V.] कुक्कुरद्रुः कटुस्तिक्तो ज्वररक्तकफापहः[489] ।। 326 ।।

कुकुरछदिआनामगुणाः

Kukkuradru (Blumea lacera)

Syn. : *Kukkuradru, tāmracūḍa, sūkṣmapatra* and *mṛducchada.*

Taste : Pungent and bitter.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *jvara* (fever) and *rakta* (vitation of blood).

[I. 326]

वामीनामगुणाः

वामी शंखधरा वारिब्राह्मी च हिलमोचिका ।
वामी शोफहरा कुष्ठपित्तश्लेष्मानिलापहा[490] ।। 327 ।।

हिडमिचानामगुणाः

Vāmī (A Variety of Brāhmī)

Syn. : *Vāmī, śaṅkhadharā, vāribrāhmī* and *hilamocikā.*

Specific action : Alleviates *pitta, kapha* and *vāyu.*

Therapeutic usage : Cures *śopha* (oedema) and *kuṣṭha* (obstinate skin diseases including leprosy).

[I. 327]

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487. (ग) श्लक्ष्णपत्त्रो
488. "कुकुन्दरः पीतपुष्पः सूक्ष्मः पत्त्रश्च सः स्मृतः ।" इति ग पुस्तके अधिकः पाठः ।
489. " रक्तपित्तमतीसारं दाहं घोरं निहन्ति च ।
तन्मूलमार्द्रं निक्षिप्तं वदने मुखशोषजित् ।।" इति ग पुस्तके अधिकः पाठः ।
490. (क) कच्छुपित्तश्लेष्मापहा सरा

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शरपुंखानामगुणाः

शरपुंखा कालशाकं[491] प्लीहारिः कालका[492] मता ।। 328 ।।

शरपुंखा यकृत्प्लीहदुष्टव्रणविषापहा । [32R.]
तिक्ता कषाया कासाम्रश्वासज्वरहरा लघुः ।। 329 ।।

Śarapuṅkhā (Tephrosia purpurea)

Syn. : *Śarapuṅkhā, kālaśāka, plīhāri* and *kālakā.*

Taste : Bitter and astringent.

Attribute : Light.

Therapeutic usage : Cures *yakṛt* (liver-diseases), *plīhā* (splenic disorders), *duṣṭa vraṇa* (putrid ulceration), *viṣa* (poisoning), *kāsa* (cough), *asra* (vitiation of blood), *śvāsa* (dyspnoea) and *jvara* (fever).

[I. 328 – 329]

बलामोटानामगुणाः

बलामोटा[493] जया सूक्ष्मपत्रा ज्ञेयाऽपराजिता[494] ।
बलामोटा विषश्लेष्मकृच्छ्रनुत् विजयप्रदा[495] ।। 330 ।।

Balāmoṭā (Sesbania sesban)

Syn. : *Balāmoṭā, jayā, sūkṣmapatrā* and *aparājitā.*

Specific action : Alleviates *kapha*, and it endows a person with victory.

Therapeutic usage : Cures *viṣa* (poisoning) and *kṛcchra* (dysuria).

[I. 330]

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491. (ग) कालशाकः 492. (ग) कालिका 493. (क) बलामोद
494. "जयन्ती सूक्ष्ममूला च विक्रांता हरिता तथा ।" इति ग पुस्तके अधिकः पाठः ।
495. "मन्दगन्धयुता तिक्ता कटूष्णा कृष्णा कृमिभूतहृत् ।"
इति ग पुस्तके अधिकः पाठः ।

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सुदर्शनानामगुणाः

सुदर्शना सोमवल्ली चक्रांका मधुपर्णिका[496] ।
सुदर्शना स्वादुरुष्णा कफशोफास्रवातजित् ।। 331 ।।

Sudarśanā (Crinum asiaticum)

Syn. : Sudarśanā, somavallī, cakrāṅkā and *madhuparṇikā.*

Taste : Sweet.

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *śopha* (oedema) and *rakta vāta* or *vāta rakta* (gout).

[I. 331]

मयूरशिखानामगुणाः

मयूराह्वा शिखा ज्ञेया साहस्री मधुकच्छदा ।। 332 ।।

मयूराह्वा शिखा लघ्वी पित्तश्लेष्मातिसारजित्[497] ।
निहन्ति प्लीहगुल्मार्शोयकृत्श्लेष्मोदरकृमीन् ।। 333 ।।

Mayūraśikhā (Adiantum caudatum)

Syn. : Mayūrāhvā, śikhā, sāhasrī and *madhukacchadā.*

Attribute : Light.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *atisāra* (diarrhoea), *plīhā* (splenic disorders), *gulma* (phantom tumour), *arśas* (piles), *yakṛt* (liver-diseases), *udara* (obstinate abdominal diseases including ascites) and *kṛmi* (parasitic infestation).

[I. 332 – 333]

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496. "चक्राङ्गी वृषकर्णी च मध्याली चक्रनामिका ।" इति ग पुस्तके अधिकः पाठः ।
497. "मधुरा मुत्रकृच्छ्रघ्नी बालग्रहविनाशिनी ।" इति ग पुस्तके अधिकः पाठः ।

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लक्ष्मणानामगुणाः

लक्ष्मणा[498] पुत्रदा रक्ता बिन्दुपत्रा च नागिनी ।
गोक्षीरसदृशं पुष्पं[499] *रोमवल्लिसमन्वितम्* ।। 334 ।।

रक्तबिन्दुश्च पत्रेषु लक्ष्मणाकारमुच्यते[500] ।
लक्ष्मणा गर्भदा शीता सरा वृष्या त्रिदोषनुत्[501] ।। 335 ।।

Lakṣmaṇā

Syn. : Lakṣmaṇā, putradā, raktā, bindu patrā and *nāginī.*

Potency : Cold.

Specific action : Laxative, aphrodisiac, it helps in conception and alleviates all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Note : i) Flower of *lakṣmaṇā* is white in colour like cow's milk;

ii) It has climber, and associated with hairy growth; and

iii) Its leaves are full of red dots.

[I. 334 – 335]

मांसरोहिणीनामगुणाः

मांसरोहिण्यतिरुहा वृत्ता चर्मकसा कसा[502] ।
[503]स्यान्मांसरो[ ]गी वृष्या सरा दोषत्रयापहा[504] ।। 336 ।।

Māṃsarohiṇī (Soymida febrifuga)

Syn. : Māṃsarohiṇī, atiruhā, vṛttā, carmakasā and *kasā.*

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498. " लक्ष्मणा पुत्रजननी वस्तुमगन्धाकृतिर्भवेत् ।" इति ग पुस्तके अधिकः पाठः ।
499. (ग) पत्रं
500. (ग) रक्तबिन्दुसमं पुष्पं पुत्रकाकारमुच्यते ।
501. " मधुरा वातहन्त्री च रसायनगुणैर्जिता।' इति ग पुस्तके अधिकः पाठः ।
502. (ग) वसा
503. "प्रहारवल्ली विकसा वीरवत्यपि कथ्यते ।" इति ग पुस्तके अधिकः पाठः ।
504. "शीता कषाया रुच्या च कृमिघ्नी कण्ठशोधनी ।" इति ग पुस्तके अधिकः पाठः ।

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Specific action : *Sarā* (laxative), *vṛṣyā* (aphrodisiac) and alleviator of all the three *doṣas*, namely, *vāyu*, *pitta* and *kapha*.

[I. 336]

अस्थिसंहारकनामगुणाः

[32V.] अस्थिसंहारको वज्रवल्लरी क्रोष्टुघण्टिका ।
वज्रांगी ग्रन्थिमान्वज्रप्रोक्ता स्यादस्थिशृंखला ।। 337 ।।

अस्थिसंहारकः शीतो वृष्यो वातहरोऽस्थियुक्[505] ।। 338 ।।

Asthisaṃhāraka (Cissus quadrangularis)

Syn. : *Asthisaṃhāraka*, *vajravallarī*, *krosṭughaṇṭikā*, *vajrāṅgī*, *granthimān*, *vajraproktā* and *asthiśṛṅkhalā*.

Potency : Cold.

Specific action : *Vṛṣya* (aphrodisiac) and allevaitor of *vāyu*.

Therapeutic usage : It heals up fractured bone.

[I. 337 – 338]

अर्कनामगुणाः (अर्कद्वय)

अर्कः सूर्याह्वयः क्षीरी सदापुष्पो विकीरणः ।
मन्दारो वसुकोऽलर्को राजाह्वो दीर्घपत्रकः[506] ।। 339 ।।

[507]अर्कद्वयं सरं[508] वातकुष्ठकण्डूविषव्रणान्[509] ।

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505. "उष्णः सरः कृमिघ्नश्च दुर्नामघ्नोऽक्षिरोगजित् ।
रूक्षः स्वादु गुरुश्चैव पातनः पित्तलः स्मृतः ।।" इति ग पुस्तके अधिकः पाठः ।
506. (क) दीर्घपुष्पकः (ग) दिव्यपुष्पिकः
507. "श्वेतार्को गणरूपः स्यान्मन्दारो वसुकोऽपि च ।
श्वेतपुष्पः सदापुष्पः स चालर्कः प्रताप सः ।।
रक्तोऽपरोऽर्कनामा स्यादर्कपर्णो विकीरणः ।
रक्तपुष्पः शुक्लफलः तथाष्फोतः प्रकृतितः ।।" इति ग पुस्तके अधिकः पाठः ।
508. (ख) शंखवात० 509. (ग) ०विषापहम्

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निहन्ति प्लीहगुल्मार्शोयकृच्छ्लेष्मोदरक्रिमीन्[510] ।। 340 ।।

अर्कद्वयनामगुणाः

Arka (Calotropis gigantea)

Syn. : Arka, sūryāhvaya, kṣīri, sadāpuṣpa, vikīraṇa, mandāra, vasuka, alarka, rājāhva and *dīrghapatraka.*

Specific action : Laxative and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *kaṇḍū* (itches), *viṣa* (poisoning), *vraṇa* (ulcer), *plīhan* (splenic disorders), *gulma* (phantom tumour), *arśas* (piles), *yakṛt* (liver-diseases), *udara* (obstinate abdominal diseases including ascites) and *krimi* (parasitic infestation).

Note : It is of two varieties– one with white flower and the other with pink.

[I. 339 – 340]

करवीरनामगुणाः

करवीरोऽश्वहा श्वेतपुष्पा स्याच्छतपुष्पकः[511] ।
रक्तपुष्पोऽपरश्चण्डो[512] लगुडः करवीरकः ।। 341 ।। [33R.]

[513]करवीरद्वयं नेत्रकोपकुष्ठव्रणापहम्[514] ।
लघूष्णं कृमिकण्डूघ्नं भक्षितं विषवन्मतम् ।। 342 ।।

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510. "श्वेतार्ककुसुमं वृष्यं लघुदीपनपाचनम् ।
अरोचकप्रसेकार्शःकासश्वासनिवारणम् ।।
रक्तार्कपुष्पं मधुरं तिक्तं ग्राही कफं जयेत् ।
गुल्मरुक्कृमिशोथार्शोरक्तपित्तविषापहम् ।।
अर्कक्षीरं तु तिक्तोष्णं स्निग्धं सलवणं लघु ।
कुष्ठगुल्मोदरहरः सृष्टमेतद्विरेचनम् ।।" इति ग पुस्तके अधिकः पाठः ।
511. (क) (ग) ०छतकुम्भकः
512. (क) परखेडो
513. स्थानेऽस्मिन् ग पुस्तके
"करवीरद्वयं तिक्तं कषायं कटुकं च तत् ।
व्रणलाघवकृन्नेत्रकोपकुष्ठव्रणापहम् ।
वीर्योष्णं कृमिकण्डूघ्नं भक्षितं विषवन्मतम् ।।" इति पाठः ।
514. (ख) नेत्रकोपकुष्ठव्रणा०

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Karavīra (Nerium indicum) Having White Flowers

Syn. : Karavīra, aśvahā, śvetapuṣpā and *śata puṣpaka.*

Karavīra (Nerium indicum) Having Red Flowers

Syn. : Rakta puṣpa, caṇḍa, laguḍa and *karavīraka.*

Both Varieties of Karavīra

Attribute : Light.

Potency : Hot.

Therapeutic usage : Cures *netrakopa* (conjunctivitis), *kuṣṭha* (obstinate skin diseases including leprosy), *vraṇa* (ulcer), *kṛmi* (parasitic infestation) and *kaṇḍū* (itches).

Notes : If it is taken internally it causes poisonous effect.

[I. 341 – 342]

धत्तूरनामगुणाः

धत्तूरः कितवो धूर्तो देवता मदनः शठः ।
उन्मत्तो मातलस्तूरी तरकः[515] कनकाह्वयः ।।343 ।।

धत्तूरो मदवर्णाग्निवान्तिकुंजरकुष्ठनुत् ।
उष्णो गुरुर्व्रणश्लेष्मकण्डूकृमिविषापहः[516] ।। 344 ।।

दुदुरानामगुणाः

Dhattūra (Datura stramonium)

Syn. : Dhattūra, kitava, dhūrta, devatā, madana, śaṭha, unmatta, mātula, tūrī, taraka and *kanakāhvaya.*

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviates *kapha.*

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515. (ग) तरः

516. "कषायो मधुरस्तिक्तो घूकालिच्छाविनाशकः ।
वेदनाहरणो निद्रादमनो मूत्रवर्द्धनः ।

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Therapeutic usage : Cures *mada* (intoxication), *vānti* (vomiting), *kuṁjara kuṣṭha* (an obstinate type of skin disease), *vraṇa* (ulcer), *kaṇḍū* (itches), *kṛmi* (parasitic infestation) and *viṣa* (poisoning).

Note : i) it reduces the *agni* (power of digestion).

ii) It causes impairment of the complexion.

[I. 343 – 344]

कलिकारीनामगुणाः

कलिकारी वह्निमुखी लांगली गर्भपातिनी ।
विशल्या हलिनी शीरी प्रभाता[517] शुक्लपुष्पिका[518] ।। 345 ।।

विद्युदुल्काऽग्निजिह्वा[519] च कथिता पुष्पसी भरा[520] ।
वह्निशिखाऽग्निका ज्ञेया नलरन्ध्री च सा स्मृता[521] ।। 346 ।।

कलिकारी सरा कुष्ठशोफार्शोव्रणशूलजित्[522] ।
तीक्ष्णोष्णा कृमिनुल्लघ्वी पित्तला गर्भपातिनी ।। 347 ।।

Kalikārī (Gloriosa superba)

Syn. : Kalikārī, vahnimukhī, lāṅgalī, garbhapātinī, viśalyā, halinī, śīrī, prabhātā, śuklapuṣpikā, vidyut, ulkā, agnijihvā, puṣpasī, bharā, vahni śikhā, agnikā and *nalarandhrī.*

Attributes : Tīkṣṇā (sharp) and light.

Potency : Hot.

Specific action : Sarā (laxative).

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including

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517. (ग) प्रमत्ता
518. (ग) शक्रपुष्पिका
"समन्ततः प्रलेपेन कणीनिका प्रसारणः ।
धुस्तूरधूमपानेन श्वासस्तूर्ण प्रशाम्यति ।।"
इति ग पुस्तके अधिकः पाठः ।
519. (ग) विद्युज्ज्वालाऽग्नि०
520. (ग) पुष्पसौरभा
521. (ग) कलिहारी वह्निशिखा व्रणहृत् स्वर्णपुष्पिका ।
522. " सक्षारा कफनुत्तिक्ता कटुका तुवराऽपि च ।" इति ग पुस्तके अधिकः पाठः ।

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leprosy), *śopha* (oedema), *arśas* (piles), *vraṇa* (ulcer), *śūla* (colic pain) and *kṛmi* (parasitic infestation).

Note : i) It aggravates *pitta*.

ii) It causes abortion.

[I. 345 – 347]

कुमारीनामगुणाः

कुमारी मण्डला माता गृहकन्याऽतिपिच्छला ।
रसायनी कटिकिनी सवराऽन्या वनोद्भवा[523] ।। 348 ।। [33V.]

कुमारी भेदनी शीता यकृत्प्लीहकफज्वरान् ।
निहन्ति ग्रन्थि[524]विस्फोटपित्तरक्तत्वगामयान् ।। 349 ।।

Kumārī (Aloe barbadensis)

Syn. *: Kumārī, maṇḍalā, mātā, gṛhakanyā, atipicchilā, rasāyanī, kaṭikinī, savarā* and *vanodbhavā.*

Potency : Cold.

Specific action : *Bhedanī* (purgative) and alleviator of *kapha.*

Therapeutic usage : Cures *yakṛt* (liver-diseases), *plīhan* (splenic disorders), *jvara* (fever), *granthi* (adenitis), *visphoṭa* (pustular eruptions), *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *tvagāmaya* (skin diseases).

[I. 348 – 349]

भंगानामगुणाः

भंगाऽगंजा[525] मातुलानी मोहिनी विजया जया ।। 350 ।।

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523. स्थानेऽस्मिन् ग पुस्तके "कन्या घृतकुमारी च तरुणी दीर्घपत्रिका ।" इति पाठः
524. (क) वह्नि वि० 525. (ग) भङ्गा गंजा

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भंगा कफहरा[526] तिक्ता ग्राहिणी दीपनी लघुः ।
तीक्ष्णोष्णा पित्तलानाहमदकृच्च्याग्नि[527]वर्द्धिनी[528] ।। 351 ।।

Bhaṅgā (Cannabis sativa)

Syn. : Bhaṅgā, aṅgajā, mātulānī, mohinī, vijayā and *jayā.*

Taste : Bitter.

Attributes : Light and sharp.

Potency : Hot.

Action : *Dīpanī* (digestive stimulant).

Specific action : Constipative, promoter of power of digestion and alleviator of *kapha.*

Therapeutic usage : Cures *ānāha* (constipation).

Note : i) It aggravates *pitta.*

ii) It causes *mada* (intoxication).

[I. 350 – 351]

कांचनीनामगुणाः

कांचनी शोणफलिनी काकायुः काकवल्लरी[529] ।
कांचनी स्तन्यदा मूर्द्धव्यथादोषत्रयापहा ।। 352 ।।

कंचनारनामगुणाः

Kāñcanī

Syn. : Kāñcanī, soṇaphalinī, kākāyu and *kākavallarī.*

Specific action : Promotes breast-milk and alleviates all the three *doṣas,* namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures head-diseases.

[I. 352]

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526. (ग) फलहरी

527. (क) मोहमदकृत श्वासहृच्चा. 528. (ग) पित्तला मोहमदकृत् वहिनवर्धनी ।

529. "स्वर्णवल्ली रक्तफला हलिनी पीतिका तथा ।" इति ग पुस्तके अधिकः पाठः ।

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दूर्वानामगुणाः

दूर्वा शस्या शीतकरी[530] गोलोमी शतपर्विका ।
अन्या श्वेता श्वेतदण्डा भार्गवी दुर्मता[531] रुहा[532] ।। 353 ।।

दूर्वा हिमा विसर्पास्रतृट्पित्तकफदाहजित्[533] ।। 354 ।।

दुर्वानामगुणाः

Dūrvā (Cynodon dactylon)

Syn.: *Dūrvā, śasyā, śītakarī, golomi* and *śata parvikā.*

Variety of Dūrvā

Syn.: *Śvetā, śveta daṇḍā, bhārgavī, durmatā* and *ruhā.*

Potency: Cold.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *visarpa* (erysipelas), vitiation of blood, *tṛṭ* (morbid thirst) and *dāha* (burning sensation).

[I. 353 – 354]

गण्डदूर्वानामगुणाः

गण्डदूर्वा मत्स्यगन्धा मत्स्याक्षी शकुलादनी ।। 355 ।।

गण्डदूर्वा हिमा लोहद्राविणी ग्राहिणी लघुः[534] ।
दाहतृष्णाबलासास्रकुष्ठपित्तज्वरापहा ।। 356 ।।

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530. (ग) शष्यं शीतवीर्या 531. (ग) दुर्मरा

532. "चण्डा भद्रा सिताख्या च सुपर्वा सुरवल्लभा । नीलान्या च रुहा नस्ता भार्गवी शतपर्विका ।।" इति ग पुस्तके अधिकः पाठः ।

533. "शीताऽतिशीतला रुच्या मधुरा वान्तिपित्तजित् ।
कासातिसारदाहास्रतृष्णाप्रशमनी शुभा ।
नीलदूर्वा हिमा तिक्ता मधुरा त्वरा हरेत् ।
कफपित्तास्रवीसर्पतृष्णादाहत्वगामयान् ।।" इति ग पुस्तके अधिकः पाठः ।

534. "तिक्ता कषाया मधुरा वातकृत् कटुपाकिनी ।" इति ग पुस्तके अधिकः पाठ : ।

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Gaṇḍa Dūrvā (A Variety of Dūrvā)

Syn. : Gaṇḍadūrvā, matsyagandhā, matsyākṣī and *śakuladani.*

Attribute: Light.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *dāha* (burning syndrome) *tṛṣṇā* (morbid thirst), vitiation of blood, *kuṣṭha* (obstinate skin diseases including leprosy) and *jvara* (fever).

Note : It melts iron.

[I. 355 – 356]

काशनामगुणाः

काशः सुकाण्डः काशेक्षुर्ऋषीकः श्वेतचामरः[535] ।
इक्षारिकेक्षुकाशश्च स चैवेक्षुरसः स्मृतः[536] ।। 357 ।।

कासकृच्छ्राश्म[537]दाहास्रपित्तक्षयहरो[538] हिमः[539] ।। 358 ।।

काशनामगुणाः

Kāśa (Saccharum spontaneum)

Syn. : Kāśa, sukāṇḍa, kāśekṣu, ṛṣika, śveta cāmara, ikṣvarika, ikṣukaśa and *ikṣurasa.*

Potency : Cold.

Specific action : Alleviates *pitta.*

Therapeutic usage : Cures *kāsa* (bronchitis), *kṛcchra* (dysuria), *aśma* (stone in urinary tract), *dāha* (burning syndrome), *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kṣaya* (consumption).

[I. 357 – 358]

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535. (ख) श्वेतवासरः, (ग) श्वेतपुष्पकः
536. "काशः स्यान्मधुरस्तिक्तः स्वादुपाको हिमः सरः ।" इति ग पुस्तके अधिकः पाठः ।
537. (ग) मूत्रकृच्छ्रा० 538. (ख) ०क्षयकरो 539. (ग) मतः

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कुशनामगुणाः

दर्भो बर्हिः कुशस्तीक्ष्णः सूच्यग्रो यज्ञभूषणः[540] ।
दर्भः कृच्छ्रा[541]श्मतृट्पित्तबस्तिनुत् कफरक्तजित्[542] ।। 359 ।। [34V.]

दर्भनामगुणाः

Kuśa (Desmostachya bipinnata)

Syn.: Darbha, barhi, kuśa, tīkṣṇa, sūcyagra and *yajñabhūṣaṇa.*

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *kṛcchra* (dysuria), *aśma* (stone in urinary tract), *tṛṭ* (morbid thirst), diseases of *basti* (pelvic region) and vitiation of blood.

[I. 359]

मुंजनामगुणाः

मुंजः क्षुरः[543] स्थूलदर्भो बाणाह्वो ब्रह्ममेखलः[544] ।
[545]मुंजोऽनुष्णो[546] विसर्पास्रमूत्रबस्त्यक्षिरोगजित् ।। 360 ।।

Muñja (Saccharum arundinaceum)

Syn. : Muñja, kṣura, sthūla darbha, bāṇāhva and *brahma mekhalā.*

Potency : Slightly hot.

Therapeutic usage : Cures *visarpa* (erysipelas), vitiation of blood, *mūtra roga* (urinary diseases), *basti roga* (diseases of pelvic region) and *akṣi roga* (eye-diseases)

[I. 360]

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540. "ततोऽन्यो दीर्घपत्रः स्यात् क्षुरपत्रास्तथैव च । 541. (ग) मूत्राकृच्छ्रा०
दर्भद्वयं त्रिदोषघ्नं मधुरं तुवरं हिमम् ।।" इति ग पुस्तके अधिकम् ।
542. (ग) वस्तिरुक्प्रदरार्तिजित् ।
543. (ख) क्षुरा 544. (क) ब्रह्मवर्चकः
545. "भद्रमुंजो रामसरस्तेजनश्चेक्षुवेष्टनः । 546. (ग) दाहतृष्णा०
मुंजद्वयन्तु मधुरं तुवरं शिशिरं तथा ।।
दोषत्रयहरं वृष्यं मेखलासूपयुज्यते ।" इति ग पाठः पुस्तके अधिकः ।

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नलनामगुणाः

नलो रन्ध्री पुष्पमृत्युर्दमनोऽनन्तकः पिटः[547] ।
नलो मूत्रार्तिदाहास्रकफपित्तविसर्पजित् ।। 361 ।।

Nala (Lobelia nicotianaefolia)

Syn. : Nala, randhri, puspa mṛtyu, damana, anantaka and *piṭa.*

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *mūtrārti* (urinary diseases), *dāha* (burning syndrome), vitiation of blood and *visarpa* (erysipelas).

[I. 361]

वंशनामगुणाः

वंशो वेणुः कीचकः स्यात् कर्मारस्त्वचिसारकः ।
वंशः सरो हिमः पित्तकफदाहास्रशोफजित् ।। 362 ।।

तत्करीरो गुरुर्भेदी श्लेष्मलो वातपित्तजित् ।
[548]तज्जवो[549] भेदकोऽत्युष्णः कफहनो वातपित्तकृत्[550] ।। 363 ।।

वांसनामगुणाः

Vaṃśa (Bambusa bambos)

Syn. : Vaṃśa, veṇu, kīcaka, karmāra and *tvacisāraka.*

Potency : Cold.

Specific action : Sara (laxative) and alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures *dāha* (burning syndrome), vitiated blood and *śopha* (oedema).

Karīra (Sprout of Bambusa bambos)

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547. नलस्तु मधुरस्तिक्तः कषायोष्णः हृदर्तिजित् ।" इति ग पुस्तके अधिकम् ।
548. स्थानेऽस्मिन् ग पुस्तके "तज्जवास्तु सराः रूक्षाः कषायाः कटुपाकिनः ।
वातपित्तकरा उष्णाः बद्धमूत्राः कफापहाः ।।" इति पाठान्तरः
549. (ख) तथा च
550. (ख) वातपित्तजित्

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Attribute : Heavy.

Specific action : *Bhedī* (purgative) and alleviator of *vāyu* and *pitta.*

Note : It aggravates *kapha.*

Yava of Vaṃśa (Seeds of Bambusa bambos)

Potency : Excessively hot.

Specific action : *Bhedaka* (purgative) and alleviator of *kapha.*

Note : It aggravates *vāyu* and *pitta.*

[I. 362 - 363]

पारसीकजवानीनामगुणाः[551]

जवानी जवनी[552] तीव्रा तुरष्का मदकारिणी । [35 R.]
जवानी पाचनी[553] रूक्षा ग्रहिणी मादिनी गुरुः ।। 364 ।।

जवानीनामगुणाः

Pārasīka Javānī (Hyoscyamus niger)

Syn. : *Javānī, javanī, tivra, turaṣkā* and *madakāriṇī.*

Attributes : Ununctuous and heavy.

Action : It is *pàcanī* (carminative).

Specific action : Constipative.

Note : It causes intoxication.

[I. 364]

खसतिल(फीमदाना)नामगुणाः

तिलभेदः[554] खसतिलः शुभ्रपुष्पो लसत्फलः[555] ।। 365 ।।

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551. (ग) जवानीनामगुणाः 552. (क) (ग) जावनी
553. (ख) (ग) जीवनी 554. (ख) तिलभेदाः
555. (ग) खाखश्चापि सः स्मृतः

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वृष्यो बल्यः खसतिलः श्लेष्मलो वातजिद् गुरुः ।
वल्कलस्तत्फलोद्भूतो रूक्षो ग्राही विशेषतः[556] ।। 366 ।।

तिलभेदखसतिलनामगुणाः

Khasatila (Seeds of Papaver somniferum)

Syn. : Tilabheda, khasatila, śubhrapuṣpa and *lasatphala.*

Attribute : Heavy.

Specific action : Vṛṣya (aphrodisiac), *balya* (strength-promoting) and alleviator of *Vayu.*

Note : It aggravates *kapha.*

Outer Skin of Fruit

Attribute: Ununctuous.

Specific action : Specially, constipative.

[I. 365 – 366]

अहिफेन(अफीम)नामगुणाः

आफूकं तद्रसोद्भूतमहिफेनं सफेनकम्[557] ।
आफूकं शोषणं ग्राहि श्लेष्मघ्नं वातपित्तलम्[558] ।।367 ।।

आपुनामगुणाः

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556. स्थानेऽस्मिन् ग पुस्तके
"वल्कलं तत्फलोद्भूतं रुक्षं ग्राहि च शीतलम् ।
लघु तिक्तं कषायं व वातकृत् कफकासहृत् ।।
धातूनां शोषकं चैव मदकृदग्निवर्द्धनम् ।
मुहुर्मोहकरं रुच्यं सेवनात् पुंस्त्वनाशनम् ।।"इति पाठः।

557 (ग) oहिफेनमहिफेनकम्

558."आक्षेपशमनं निद्राजनकं मदकारकम् ।
स्वेदनं वेदनाहृच्च मूत्रातिसारनुत् रम् ।
कासश्वासातिसारघ्नं शोणितस्रुतिवरणम् ।।"
इति ग पुस्तके अधिकः पाठः ।

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Ahiphena (Papaver somniferum)

Syn. : *Aphuka, tadrasodbhūta, ahiphena* and *phenaka.*

Specific action : *Śoṣaṇa* (depleting) *grāhi* (constipative) and alleviator of *kapha.*

Note : Aggravates *vāyu* and *pitta.*

[I. 367]

छिलिहिण्ठनामगुणाः

छिलिहिण्ठो[559] महामूलः पातालगरुडाह्वयः[560] । [35V.]
छिलिहिण्ठ.[561] परं वृष्यः श्लेष्मलः पवनापहः ।। 368 ।।

पातालगरुडनामगुणाः

Chilihiṇṭha

Syn. : *Chilihiṇṭha, mahāmūla* and *pātālagaruḍāhvaya.*

Specific action : An excellent aphrodisiac and alleviator of *vāyu.*

Note : It aggravates *kapha.*

[I. 368]

यो राज्ञां मुखतिलकः कटारमल्ल-
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्णो
वर्गोऽयं ललितपदाङ्कितोऽभयादिः ।। 369 ।।

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559. (क) छिलिहिण्ट 560. (ख) पातालो गरुडा० 561. (क) छिलिहिण्टः
562. (क) पालविरचिते मदनविनोदे वर्गः
563. 'इति.....प्रथमः' इति पाठः ग पुस्तके नास्ति ।

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Colophon

Description of the group of drugs beginning with *abhayā* or *Terminalia chebula* (*Abhayādi varga*) in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the title *Kaṭāra malla* is completed.

[I. 369]

इति श्रीमदनपालनिघण्टावभयादिवर्गः[562] प्रथमः[563] ।। 1 ।।

Thus, ends the first group of drugs called *Abhayādi varga* in *Madanapāla nighaṇṭu.*

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CHAPTER II

शुण्ठ्यादिवर्गः

(Group beginning with *śuṇṭhī*, etc.)

(ॐ) तद्भविराजितमन्यमनन्तं श्रीरुचिरं[1] परमक्षरमेकम् । [36 R.]
श्रीमदनक्षितिनाथ सदा ते विष्णुपदं[2] विपदं विनिहन्तु ॥ 1 ॥

Invocation

Oṃ, which dazzles like another Sun, which is endless, which is the endowment of beauty, which is imperishable par excellence, which is the only One, and which is the sign of God, may eternally anihilate the dangers to the King Madanapāla.

Note

This invocation indicates that the work was not written by the King Madanapāla, but by another scholar physician, who as the subsequent statements in the colophons imply, dedicated his composition to the King. Subsequently, the book came to be known as *Madanapāla nighaṇṭu* with the prefix of the name of the King to whom it was dedicated and the real author, who has not left any trace of his identity in the work, went into oblivion. Such changes in authorship are found in many other Sanskrit works. However, acceptance of the King to prefix his name in the title of this work, indicates the authenticity of the work and its practical utility.

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1. (क) तद्भावराजितमथा सहस्ररुचिरं
2. (क) विष्णुपद

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शुण्ठीनामगुणाः

शुण्ठी विश्वौषधं विश्वं कटुभद्रं कटूत्कटकम्[3] ।
महौषधं शृङ्गवेरं नागरं विश्वभेषजम् ।। 2 ।।

शुण्ठी रुच्याऽऽमवातघ्नी पाचनी कटुका लघुः ।
स्निग्धोष्णा मधुरा[4] पाके कफवातविबन्धनुत् ।। 3 ।।

वृष्या स्वर्या वमिश्वासकासशूलहृदामयान् ।
हन्ति श्लीपदशोफार्श–आनाहोदरमारुतान् ।। 4 ।।

Śuṇṭhī (Zingiber officinale, Dry Variety)

Syn. : Śuṇṭhī, viśvauṣadha, viśva, kaṭubhadra, kaṭūtkaṭaka, mahauṣadha, śṛṅgavera, nāgara and *viśvabheṣaja.*

Taste : Pungent.

Attributes : Light and unctuous.

Potency : Hot.

Vipāka : Sweet.

Action : *Pācanī* (carminative) and *rucyā* (causing a relish for food).

Specific action : Alleviates *kapha* and *vāyu*, and promotes voice and sex-desire.

Therapeutic usage : Cures *āmavāta* (rheumatism), *vibandha* (constipation), *vami* (vomiting), *śvāsa* (dyspnoea), *kāsa* (cough), *śūla* (colic pain), *hṛdayāmaya* (heart diseases), *ślīpada* (filariasis), *śopha* (oedema), *arśas* (piles), *ānāha* (flatulence) and *udara* (obstinate abdominal diseases including ascites).

[II. 2 – 4]

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3. (ग) कटूत्कटम्
4. (ख) कटुका

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आर्द्रकनामगुणाः

आर्द्रकं शृङ्गवेरं तन्महौषधमुदाहृतम्[5]।
आर्द्रकं नागरगुणं भेदनं दीपनं गुरु ।। 5 ।।

कटूष्णं दीपनं[6] वृष्यं रुच्यमार्द्रकनागरम्[7]।
श्वासकासवमिहिक्कावातश्लेष्मविबन्धनुत् ।। 6 ।।

पाचनं रोचनं वृष्यं कटूष्णं वह्निदीपनम्[8]।
वातप्रकोपशमनं पाचनं शोथहृत्परम्[9] ।। 7 ।।

भोजनादौ सदा पथ्यं जिह्वाकण्ठविशोधनम्[10]।
अव्यक्तरसवीर्यत्वात्तत्परं तु कफापहम् ।। 8 ।।

कांजिकार्द्रं सलवणं दीपनं पाचनं परम् ।
वातप्रकोपशमनं हर्षणं लवणार्द्रकम् ।। 9 ।।

Ārdraka (Zingiber officinale, Green Variety)

Syn. : *Ārdraka, śṛṅgavera* and *mahauṣadha.*

Taste : Pungent.

Attribute : Heavy.

Potency : Hot.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : *Bhedana* (purgative), *vṛṣya* (aphrodisiac), *rocana* (appetiser) and *harṣaṇa* (exhilerant) and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *vami*

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5. (ग) आर्द्रकं शृंङ्गबेरं स्यात् कटुभद्रं तथार्द्रिका ।
6. (ग) रूचिकृद्
7. (ग) जिह्वाकण्ठविशोधनम्
8. 'पाचनं.....दीपनम्' इति पाठः गपुस्तके नास्ति
9. (ग) शोथहृत् वेदनापहम्
10. (ग) पथ्यमार्द्रकं लवणान्वितम्

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(vomiting), *hikkā* (hiccup), *vibandha* (constipation) and vitiation of *vāyu*. It is an excellent remedy for curing *śotha* (oedema). It cleanses tongue and throat.

Note : i) *Ārdraka* shares the attributes of *nāgara*.

ii) It is always useful if taken before food.

iii) If taken along with *kāñjika* (vinegar) and *lavaṇa* (rock-salt), it works as a good *dīpana* (digestive stimulant) and *pācana* (carminative).

iv) If taken along with *lavaṇa* (rock-salt), it alleviates vitiated *vāyu* and causes *harṣaṇa* (exhileration).

v) Because of its unmanifested *rasa* (taste) and *vīrya* (potency), it is an excellent remedy for alleviating *kapha*.

[II. 5 - 9]

मरिचनामगुणाः

मरिचं वल्लिजं तीक्ष्णं[11] मलिनं[12] श्यामभूषणम् ।। 10 ।।

[36V.] मरिचं कटुकं तीक्ष्णं दीपनं कफवातनुत् ।
उष्णं पित्तकरं रूक्षं श्वासशूलकृमीन् जयेत् ।। 11 ।।

तदार्द्रं मधुरं पाके नात्युष्णं कटुकं गुरु ।
किंचित्तीक्ष्णगुणं श्लेष्मप्रसेकि स्यादपित्तलम् ।। 12 ।।

मरिचनामगुणाः

Marica (Piper nigrum)

Syn. : Marica, vallija, tīkṣṇa, malina and *śyāmabhūṣaṇa.*

Taste : Pungent.

Attributes : Tīkṣṇa (sharp) and ununctuous.

Potency : Hot.

Action :Dīpana (digestive stimulant).

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11. (ग) कोलं
12. (ग) वेल्लजं

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Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *śūla* (colic pain) and *kṛmi* (parasitic infestation).

Note : It aggravates *pitta.*

Green Marica

Taste : Pungent.

Attributes : Heavy and slightly sharp.

Potency : Not very hot.

Vipāka : Sweet.

Specific action : Causes expectoration of phlegm.

Note : It does not aggravate *pitta.*

[II. 10 – 12]

पिप्पलीनामगुणाः

पिप्पली चपला कृष्णा मागधी मगधा कणा ।
विश्वोपकुल्या[13] वैदेही शौण्डी स्यात्तीक्ष्णतण्डुला ।। 13 ।।

पिप्पली दीपनी वृष्या स्वादुः पाके रसायनी ।
अत्युष्णा कटुका स्निग्धा कफवातहरा लघुः ।। 14 ।।

पित्तला रेचनी हन्ति श्वासकासोदरज्वरान् ।
कुष्ठप्रमेहगुल्मार्शःप्लीहशूलाममारुतान् ।
आर्द्रा कफप्रदा स्निग्धा शीतला मधुरा गुरुः ।। 15 ।।

Pippalī (Piper longum)

Syn.: Pippalī, capalā, kṛṣṇā, māgadhī, magadhā, kaṇa, viśvā, upakulyā, vaidehī, śauṇḍī and *tīkṣṇa taṇḍulā.*

Taste : Pungent.

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13. (क) कृष्णोप० (ग) कोलोप०

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Attributes : Unctuous and light.

Potency : Excessively hot.

Vipāka : Sweet.

Action : ***Dīpanī*** (digestive stimulant).

Specific action : *Vṛṣyā* (aphrodisiac), *rasāyanī* (rejuvenating), *recanī* (purgative) and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *udara* (obstinate abdominal diseases including ascites), *jvara* (fever), *kuṣṭha* (obstinate skin diseases including leprosy), *prameha* (obstinate urinary diseases including diabetes), *arśas* (piles), *plīhan* (splenic disorders), *śūla* (colic pain) and *āmavāta* (rheumatism).

Green Pippalī

Taste : sweet.

Attribute: Unctuous and heavy.

Potency : Cold.

Note : It aggravates *kapha.*

[II. 13{15]

त्र्यूषणचतुरूषणनामगुणाः

विश्वोपकुल्यामरिचैस्त्र्यूषणं कटुकं कटु ।
व्योषं कटुत्रयं तत्स्यात्सग्रन्थि चतुरूषणम् ।। 16 ।।

त्र्यूषणं दीपनं हन्ति श्वासकासत्वगामयान् ।
गुल्ममेहकफस्थौल्यमेह[14]श्लीपदपीनसान्[15] ।। 17 ।।

Tryūṣaṇa (Group of Three Drugs Having Heating Effect)

Śuṇṭhī (*viśvā*), *pippalī* (*upakulyā*) and *marica* — these three drugs, taken

14. (ग) व्येदश्लीo
15. "त्र्यूषणस्य गुणैः तुल्यं विज्ञेयं चतुरूषणम् ।।" इति ग पुस्तके अधिकः पाठः ।

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together are known as *tryūṣaṇa.*

Syn. : *Tryūṣaṇa, kaṭuka, kaṭu, vyoṣa* and *kaṭu traya.*

Action : *Dīpana* (digestive stimulant).

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *tvagāmaya* (skin diseases), *gulma* (phantom tumour), *meha* (obstinate urinary diseases including diabetes), *sthaulya* (obesity), *ślīpada* (filariasis) and *pīnasa* (chronic rhinitis).

Caturūṣaṇa (Group of Four Drugs Having Heatings Effect)

Tryūṣaṇa (śuṇṭhī, pippalī and *marica)* in addition with *granthi (pippalī mūla)* is known as *caturūṣaṇa.*

[II. 16 – 17]

पिप्पलीमूलनामगुणाः

कणामूलं कटु ग्रन्थिः पिप्पलीमूलमूषणम् ।
षड्ग्रंथो[16] ग्रंथिकं मूलं मागधं चटिकाशिरः ।। 18 ।।

दीपनं पिप्पलीमूलं कटूष्णं पाचनं लघु ।
[37V.] रूक्षं पित्तकरं भेदि कफवातोदरापहम्[17] ।। 19 ।।

Pippalīmūla (Root of Piper longum)

Syn.: *Kaṇāmūla, kaṭu, granthi, pippalīmūla, ūṣaṇa, ṣadgrantha, granthika mūla, māgadha* and *caṭikāśira.*

Taste : Pungent.

Attributes : Light and ununctuous.

Potency : Hot.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

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16. (ग) षड्ग्रन्थिः
17. "आनाहप्लीहगुल्मघ्नं कृमिश्वासक्षयापहम् ।" इति ग पुस्तके अधिकः पाठः ।

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Specific action : *Bhedi* (purgative) and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *udara* (obstinate abdominal diseases including ascites).

Note : It aggravates *pitta*.

[II. 18 – 19]

चव्यनामगुणाः

चव्यं चवण[18]मुच्छिष्ट[19] चविका कोलवल्लिका ।। 20 ।।

पिप्पलीमूलवत्तत्स्याद्विशेषाद्गुदजापहम् ।
चव्यपुष्पं गरश्वासकासक्षयविनाशनम् ।। 21 ।।

चाईंकाठनामगुणाः

Cavya (Piper chaba)

Syn. : *Cavya, cavaṇa, ucchiṣṭa, cavikā* and *kolavallikā*.

Therapeutic usage : Cures specially, anal diseases.

Note : It shares the properties of *pippalī mūla*.

Cavya puṣpa (Flower of Cavya)

Therapeutic usage : Cures *gara* (artificial poison), *śvāsa* (dyspnoea), *kāsa* (cough) and *kṣaya* (consumption).

[II 20 – 21]

गजपिप्पलीनामगुणाः

[20]तत्फलं[21]श्रेयसी हस्तिमागधा[22] गजपिप्पली[23] ।
गजकृष्णा कटुर्वातश्लेष्मनुद्वह्निवर्द्धिनी ।
उष्णा निहन्त्यतीसारं श्वासकण्ठामयक्रिमीन् ।। 22 ।।

18. (क) च्यवमन0
19. (ग) चव्योष्णा वल्ली
20. "चविकायाः फलं लोके कथिता गजपिप्पली ।" इति ग पुस्तके अधिकम् ।
21. (ग) चव्यजा 22. (ग) हस्तिमागधी
23. "गजकृष्णा कोलवल्ली वशिरं कपिवल्ल्यपि ।" इति ग पुस्तके अधिकम् ।

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Gajapippalī (Scindapsus officinalis)

Syn. : *Cavya phala, śreyasī, hastimāgadhā, gaja pippalī* and *gaja kṛṣṇā.*

Taste : Pungent.

Potency : Hot.

Specific action : Alleviates *vāyu* and *kapha* and promotes power of digestion.

Therapeutic usage : Cures *atisāra* (diarrhoea), *śvāsa* (dyspnoea), *kaṇṭhāmaya* (throat diseases) and *krimi* (parasitic infestation).

Note : Fruit of *cavya* (*Piper chaba*) is also used as *gaja pippalī.* This is of controversial identity and needs further research.

[II. 22]

चित्रकनामगुणाः

चित्रको हुतभुग् व्यालो दारुणो दहनोऽरुणः ।
अग्निमाली[24] हविःपाची वह्निनामा विशेषतः ॥ 23 ॥

चित्रकः कटुकः पाके वह्निकृत्पाचनो लघुः ।
[38R.] रूक्षोष्णो ग्रहणीकुष्ठशोफार्शःकृमिकासजित् ।
श्लेष्मानिलहरो ग्राही तच्छाकं श्लेष्मवात[25]नुत्[26] ॥ 24 ॥

Citraka (Plumbago zeylanica)

Syn. : *Citraka, hutabhuk, vyāla, dāruṇa, dahana, aruṇa, agnimālī haviḥpācī* and all the other synonyms of *vahni* (fire).

Attributes : Light and ununctuous.

Potency : Hot.

Vipāka : Pungent.

Action : Digestive stimulant and carminative.

Specific action : Alleviates *kapha* and *vāyu;* and constipative.

Therapeutic usage : Cures *grahaṇī* (sprue syndrome), *kuṣṭha* (obstinate

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24. (क) अग्निपाली 25. (क) श्लेष्मपित्तनुत 26. (ग) ग्राही वातार्शःश्लेष्मपित्तनुत

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skin diseases including leprosy), *śopha* (oedema), *arśas* (piles), *kṛmi* (parasitic infestation) and *kāsa* (cough).

Śāka (Leaves Used in the Form of Vegetable)

Specific action : Alleviates *kapha* and *vāyu.*

[II. 23 – 24]

पंचकोलषड्ूषणनामगुणाः

पिप्पलीमगधामूल[27]चव्यनागरचित्रकैः ।
पंचकोलं कफानाहगुल्मशूलारुचिर्जयेत् ।
मरिचेन युतं तत्तु षड्ूषणमुदाहृतम् [28] ॥ 25 ॥

Pañcakola (Group of Five Drugs)

Pippalī, magadhāmūla (pippalīmūla), cavya, nāgara (śuṇṭhī) and *citraka*—these five drugs taken together are called *pañcakola.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *ānāha* (constipation), *gulma* (phantom tumour), *śūla* (colic pain) and *aruci* (anorexia).

Ṣaḍūṣaṇa (Group of Six Drugs Having Heating Effect)

Pañcakola (*pippalī, pippalī mūla, cavya, śuṇṭhī* and *citraka*) when added with *marica* is called *ṣaḍūṣaṇa.*

[II. 25]

शतपुष्पानामगुणाः

शतपुष्पा शतव्योषा[29] शताह्वा कारवी मिशिः ।
अवाक्पुष्पी त्वचिच्छित्रा श्वे[30]तिका मागधी परा[31] ॥ 26 ॥ [38V.]

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27. ०मागधीमूल०
28. "पंचकोलगुणं तत्तु रूक्षमुष्णं विषापहम् ।" इति ग पुस्तके अधिकः पाठः ।
29. (ग) शीतच्छत्रा
30. (ख) शेतिका
31. (ग) छत्रा शालेयशालिनी

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[32]शतपुष्पा लघुस्तीक्ष्णा पित्तकृद्दीपनी कटुः ।
उष्णा ज्वरानिलश्लेष्मव्रणशूलाक्षिरोगजित् ।
श्वे[33]तिका तद्गुणा प्रोक्ता विशेषाद्योनिशूलहृत्[34] ।। 27 ।।

Śatapuṣpā (Foeniculum valgare)

Syn. : Śatapuṣpā, śatavyoṣā, śatāhvā, karavī, miśi, avākpuṣpī and *tvacicchitrā.*

Taste : Pungent.

Attributes : Light and sharp.

Potency : Hot.

Action : Dīpanī (digestive stimulant).

Specific action : Alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *jvara* (fever), *vraṇa* (ulcer), *śūla* (colic pain) and *akṣi roga* (eye-diseases).

Note : It aggravates *pitta.*

Śvetikā (Variety of Śatapuṣpā)

Syn. : Māgadhī.

Therapeutic usage : Specially cures *yoni śūla* (pain in female genital organ).

Note : It shares the properties of *śatapuṣpā.*

[II. 26–27]

मिश्रेया (सोया) नामगुणाः

[35]मिश्रेया मिशिशालीनौ[36] शाली शीतशिवा मता ।। 28 ।।

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32. "माघवी मधुरा घोषा मिशिः संहितपुष्पिका ।" इति ग पुस्तके अधिकः पाठः ।
33. (ख) शेतिका 34. "श्वेतिका .....हृत्" इति पाठः ग पुस्तके नोपलभ्यते ।
35. स्थानेऽस्मिन् ग पुस्तके
" मिश्रेया मधुरी शीतशिवा मधुरिका तथा ।
शताह्वाचका ज्ञेया शतपुष्पसमा गुणैः ।।
मिश्रेया कटुका तिक्ता स्निग्धा श्लेष्मातिसारनुत् । पथ्यं च दीपनं पित्तहारी रुचिकरं स्मृतम् ।।"
ज्वरनेत्रव्रणहरी बस्तिकर्मणि शस्यते ।।
दीपनी ग्राहिणी हृष्टा वमिवातकृमिप्रणुत् ।
तज्जलं मधुरं चोष्णं गुल्मशूलानिलार्तिजित् ।
इति पाठान्तरः ।
36 (क) ०शालिनी

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मिश्रेया दीपनी हृद्या बद्धविट्कृमिशुक्रनुत ।
रूक्षोष्णा तत्फलं कासवमिश्लेष्मानिलान् जयेत् ।। 29 ।।

मिश्रनामगुणाः

Miśreyā (Anethum sowa)

Syn. : Miśreyā, miśi, śālīna, śālī and *śīta śivā.*

Attribute : Ununctuous.

Action : Dīpanī (digestive stimulant).

Specific action : Cardiac tonic.

Therapeutic usage : Cures constipation, *kṛmi* (parasitic infestation) and seminal diseases *(śukranut).*

Note : The term *śukranut*, generally means reducing the quantity of semen.

Fruit

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *kāsa* (cough) and *vami* (vomiting).

[II. 28 – 29]

मेथिकानामगुणाः

[39R.] [37] मेथिका बस्तिका शेलुरोहित्यौ वनमेथिका ।। 30 ।।

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37. स्थानेऽस्मिन् ग पुस्तके
"मेथीवनमेथीनामगुणाः
मेथिका मेथिनी मेथी दीपनी बहुपत्रिका ।
भेदिनी गन्धबीजा च ज्योतिर्गन्धफला तथा ।।
वल्लरी चन्द्रिका मस्ता मिश्रपुष्पा च कैवरी ।
कुंचिका बहुपर्णा च पीतबीजा मुनीन्द्रिका ।।
मेथिका वातशमनी श्लेष्मघ्नी ज्वरनाशिनी ।
रुचिप्रदा दीपनी च रक्तपित्तप्रकोपनी ।
वनमेथी भवति शेलुरहिखो वनमेथिका ।
ततः स्वल्पगुणा वन्या वाजिनां स तु पूजितः ।।"
इति पाठः1

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मेथिका दीपनी ह्द्या बद्धविट्कृमिशुक्रनुत ।
गुल्मशूलानिलहरा श्लेष्मार्शोनाशिनी परा ।
आरण्या[38]ऽल्पगुणस्तस्माद्वाजिनां सा तु पूजितः ।। 31 ।।

मेथीवनमेथीनामगुणाः

Methikā (Trigonella foenum–graecum)

Syn. : Methikā, bastikā, śelu, rohitī and *vanamethikā.*

Action : Dīpanī (digestive stimulant).

Specific action : Cardiac tonic and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *badhaviṭ* (constipation), *kṛmi* (parasitic infestation), *śukra* (seminal diseases), *gulma* (phantom tumour), *śūla* (colic pain) and *arśas* (piles).

Note : Wild variety of *methikā* is inferior to cultivated variety of *methikā* in properties. But it is very useful for horses.

[II. 30 – 31]

अजमोदानामगुणाः

अजमोदाऽत्युग्रगन्धा मोदा हस्तिमयूरकः ।
खराह्वा कारवी वल्ली बस्तमोदा च मर्कटः ।। 32 ।।

अजमोदा कटुस्तीक्ष्णा दीपनी कफवातनुत ।
उष्णा विदाहिनी ह्द्या वृष्या बद्धमला लघुः ।
नेत्रामयक्रिमिच्छर्दिहिध्मा[39]बस्तिरुजो जयेत् ।। 33 ।।

Ajamodā (Carum roxburghianum)

Syn. : Ajamodā, atyugragandhā, modā, hastimayūraka, kharāhvā, kāravī, vallī, bastamodā and *markaṭa.*

Taste : Pungent.

Attributes : Tīkṣṇā (sharp) and *laghu* (light).

Potency : Hot.

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38. (ख) रोहित्यो० 39. (ख) ०ऽर्दिसिघ्म०

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Action : *Dīpanī* (digestive stimulant).

Specific action : Cardiac tonic, aphrodisiac and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures eye-diseases, *krimi* (parasitic infestation), *chardi* (vomiting), *hidhmā* (hiccup) and *basti ruk* (pain in pelvic region).

Note : i) It is *vidāhin* (which causes burning sensation).

ii) It is constipative.

[II. 32 – 33]

श्वेतजीरकश्यामजीरकस्थूलाजाजीनामगुणाः

[39V.] जीरकं दीर्घकं शुक्लमजाजी कणजीरकम ।
जीरकं जरणं कृष्णं वर्षाकालसुगन्धिकम् ।। 34 ।।

कलिका बाष्पिका कुंचिः कारवी चोपकुंचिका ।
पृथ्वीका सुषवी पृथ्वी स्थूलाजाज्युपकालिका ।। 35 ।।

जीरकत्रितयं रूक्षं कटूष्णं दीपनं लघु ।
संग्राहि पित्तलं मेध्यं गर्भाशयविशुद्धिकृत ।
चक्षुष्यं पवनाध्मानगुल्मच्छर्दिबलासजित् ।। 36 ।।

वडजीराकलाजीरानामगुणाः

Śveta Jīraka (Cuminum cyminum)

Syn. : *Jīraka, dīrghaka, śukla, ajājī* and *kaṇa jīraka*.

Śyāma Jīraka (Carum carvi)

Syn. : *Jīraka, jaraṇa, kṛṣṇa* and *varṣākāla – sugandhika*.

Sthūla Ajājī or Upakuñcikā (Nigella sativum)

Syn. : *Kalikā, bāṣpikā, kuñci, kāravī, upakuñcikā, pṛthvīkā, suṣavī, pṛthvī, sthūlājājī* and *upakālikā*.

All the Three Varieties of Jīraka

Taste : Pungent.

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Attributes : Ununctuous and light.

Potency : Hot.

Action : *Dīpana* (digesitve stimulant).

Specific action : Constipative, promoters of intellect and eye-sight, as well as alleviators of *vāyu*, and *kapha*.

Therapeutic usage : Cure *ādhmāna* (flatulence), *gulma* (phantom tumour) and *chardi* (vomiting). They cleanse uterus.

Note : They aggravate *pitta*.

[II. 34 – 36]

यवानीनामगुणाः

यवानी दीप्यको दीप्यो दीपनीया यवानिका ।
यवसाहो[40]ग्रगन्धा स्याद्यवाह्वा भूकदम्बकः ।। 37 ।।

जवानी पाचनी रुच्या तीक्ष्णोष्णा कटुका लघुः ।
वातश्लेष्मोदरानाहगुल्मशूलक्रिमीन् जयेत् ।। 38 ।।

जुआणीनामगुणाः

Yavānī (Trachyspermum ammi)

Syn. : *Yavānī, dīpyaka, dīpya, dīpanīyā, yavānikā, yavasāha, ugragandhā, yavāhvā* and *bhūkadambaka*.

Taste : Pungent.

Attributes : *Tīkṣṇa* (sharp) and *laghu* (light).

Potency : Hot.

Action : Carminative.

Specific action : Appetiser and alleviator of *vāyu* and *kapha*.

Therapeutic usage : Cures *udara* (obstinate abdominal diseases including ascites), *ānāha* (constipation), *gulma* (phantom tumour), *śūla* (colic pain) and *krimi* (parasitic infestation).

[II. 37 – 38]

40. (क) यवसाह्वो०

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चौहारनामगुणाः

[40R.] यवानीया यवानी स्याच्चौहारो जन्तुनाशनः ।
चौहारस्तद्गुणः प्रोक्तो विशेषात्कृमिनाशनः ।। 39 ।।

किरसानियमानीनामगुणाः

Cauhāra (A Variety of Trachyspermum ammi)

Syn. : *Yavānīyā, yavānī, cauhāra* and *jantunāśana.*

Therapeutic usage : Specially, cures *krimi* (parasitic infestation)

Note : It shares the properties of *yavānī.*

[II. 39]

अजगन्धानामगुणाः

अजगन्धा पूतिकीटा वर्वरी पूतिवर्वरी[41] ।
कारवी खरपुष्पा च तुंगी पूतिमयूरकः[42] ।। 40 ।।

अजगन्धा कटुस्तीक्ष्णा रूक्षा ह्यग्निवर्द्धिनी[43] ।
दृष्टिमान्द्यप्रदा लघ्वी शुक्रवातकफापहा ।। 41 ।।

Ajagandhā (Gynandropsis gynandra)

Syn. : *Ajagandhā, pūtikīṭā, varvarī, pūti varvarī, käravī, kharapuṣpā, tuṅgī* and *pūtimayūraka.*

Taste : Pungent.

Attributes : Sharp, ununctuous and light.

Specific action : Cardiac tonic, promotes the power of digestion and alleviates *vāyu* and *kapha.*

Note : It reduces the eye-sight and the quantity of semen.

[II. 40 – 41]

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41. (ख) पूतिवर्वरः
42. (क) पूतिकपूरकः
43. (क) ह्यग्निदीपनी

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वचानामगुणाः

वचोग्रगन्धा गोलोमी षड्ग्रन्था जटिला मता ।
जटिला शतपर्वाऽन्या लोमशा हेमवत्यपि ।। 42 ।।

वचोष्णा कटुका तिक्ता वामनी स्वरवह्निकृत् ।
अपस्मारकफोन्मादभूतशूलानिलान् जयेत् ।। 43 ।। [40V.]

वचनामगुणाः

Vacā (Acorus calamus)

Syn. : Vacā, ugragandhā, golomī, ṣaḍgranthā and *jaṭilā.*

Variety of Vacā

Syn. : Jaṭilā, śataparvā, lomaśā and *hemavatī.*

Both Varieties of Vacā

Taste : Pungent and bitter.

Potency : Hot.

Specific action : Promotes voice and the power of digestion and alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *apasmāra* (epilepsy), *unmāda* (insanity), *bhūta* (seizures by evil spirits) and *śūla* (colic pain).

Note : It causes emesis.

[II. 42 – 43]

हपुषानामगुणाः

हपुषा[44] वपुषा[45] विश्वा[46] विगंधा विश्वगंधिका ।
अन्याश्वत्थफलाष्मांक्षनाशिनी मत्स्यगन्धिका ।। 44 ।।

हपुषा दीपनी तिक्ता कटूष्णा तुवरा गुरुः ।
पित्तोदरसमीरार्शोग्रहणीगुल्मशूल[47]जित् ।। 45 ।।

हवुषानामगुणाः

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44. (क) हवुषा 45. (क) विजुषा 46. (क) विघ्रा 47. (ख) oग्रहणीशोफगुल्मजित्

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Hapuṣā (Juniperus communis)

Syn. : Hapuṣā, vapuṣā, viśvā, vigandhā and *viśvagandhikā.*

Variety of Hapuṣā

Syn. : Asvatthaphala, dhmāṅkṣa nāśinī and *matsyagandhikā.*

Both Varieties of Hapuṣā

Taste : Bitter, pungent and astringent.

Attribute : Heavy.

Action : *Dīpanī* (digestive stimulant).

Specific action : Alleviates *pitta* and *vāyu.*

Therapeutic usage : Cures *udara* (obstinate abdominal diseases including ascites), *arśas* (piles), *grahaṇī* (sprue syndrome), *gulma* (phantom tumour) and *śūla* (colic pain).

[II. 44 – 45]

विडङ्गनामगुणाः

विडंगं जन्तुहननं कृमिघ्नं क्षुद्रतण्डुला ।
भूतघ्नी तण्डुला घोषा कराला मृगगामिनी ।। 46 ।।

विडङ्गं कटु तिक्तोष्णं रूक्षं वह्निकरं लघु ।
गुल्माध्मानोदरश्लेष्मकृमिवातविबन्धनुत् ।। 47 ।।

Viḍaṅga (Embelia ribes)

Syn. :Viḍaṅga, jantuhanana, kṛmighna, kṣudra taṇḍulā, bhūtaghni, taṇḍulā, ghoṣā, karālā and *mṛgagāminī.*

Taste : Pungent and bitter.

Attributes : Ununctuous and light.

Potency : Hot.

Action : Promotes power of digestion.

Specific action : Alleviates *kapha* and *vāyu.*

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Therapeutic usage : Cures *gulma* (phantom tumour), *ādhmāna* (flatulence), *udara* (obstinate abdominal diseases including ascites), *kṛmi* (parasitic infestation) and *vibandha* (constipation)

[II. 46 – 47]

धान्या(धनिया)नामगुणाः

धान्याकं धान्यकं धान्यं धानेयं च वितुन्नकम्[48] ।
कुस्तुम्बुरु तदार्द्रं तु धानीधानेयकालुकाः ।। 48 ।।

धान्यकं तुवरं स्निग्धमवृष्यं मूत्रलं लघु ।
हृद्यं रुच्यं[49] बद्धविट्कं स्वादु पाके त्रिदोषनुत् ।। 49 ।।

पाचनं श्वासकासास्रतृष्णामर्शःकृमीन् जयेत् ।
आर्द्रनीका[50] तद्गुणा स्वादुर्विशेषात्पित्तनाशिनी ।। 50 ।।

धनिआनामगुणाः

Dhānyā (Coriandrum sativum – Dried Fruits)

Syn. :*Dhānyāka, dhānyaka, dhānya, dhāneya, vitunnaka* and *kustumburu.*

Taste : Astringent.

Attributes : Unctuous and light.

Vipāka : Sweet.

Action : *Pācana* (carminative).

Specific action : Diuretic, cardiac tonic, appetiser and alleviator of all the three *doṣas* (*vāyu, pitta* and *kapha*).

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kasa,* (cough), vitiated blood, *tṛṣṇā* (morbid thirst), *arśas* (piles) and *kṛmi* (parasitic infestation).

Note : i) It reduces virility.

ii) It causes constipation.

Green Dhānyā (Leaves)

Syn. : *Dhānī, dhāneya* and *kāluka.*

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48. (क) वितुर्णकम् 49. (ख) रूक्षं 50. (क) अल्लेका

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Taste : Sweet.

Note : It is similar to dry *dhānyā* in properties. Specially, it alleviates *pitta.*

[II. 48 – 50]

हिंगुपत्रीनामगुणाः

[41V.] हिंगुपत्री पृथुस्तन्वी[51] पृथ्वीका चारुपत्रिका ।
बाष्पिका[52] कारवी तन्वी[53] बिल्विका[54] दीर्घिका तथा ।। 51 ।।

हिंगुपत्री परा वेणुपत्री हिंगुशिवाटिका ।
जन्तुका रामठी नाडी पिण्डा हिंगुफला मता ।। 52 ।।

हिंगुपत्रीद्वयं हृद्यं तीक्ष्णोष्णं पाचनं कटु ।
हृद्बस्तिरुग्विबन्धार्शःश्लेष्मगुल्मा[55]निलापहम् ।। 53 ।।

Hiṅgupatrī (Gardenia gummifera)

Syn. : Hiṅgupatrī, pṛthu, tanvī, prthvīkā, cārupatrikā, bāṣpikā, kāravī, tanvī, bilvikā and *dīrghikā.*

Variety of Hiṅgupatrī

Syn. :Veṇupatrī, hiṅguśivāṭikā, jantukā, rāmaṭhī, nāḍī, piṇḍā and *hiṅguphalā.*

Both the Varieties of Hiṅgupatrī

Taste : Pungent.

Attribute : Sharp.

Action : Carminative.

Specific action : Cardiac tonic and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures pain in *hṛd* (heart - region) and *basti* (pelvic

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51. (क) पृथुस्तनी 52. (क) वापिका
53. (क) तन्द्री 54. (क) वल्विका 55. श्लेष्मबस्त्यनि०

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region), *vibandha* (constipation), *arśas* (piles) and *gulma* (phantom tumour).

[II. 51 – 53]

हिंगुनामगुणाः

हिंगु बाह्लीकमत्युग्रं रामठं भूतनाशनम् ।
अगूढगंधा[56] जरणं जन्तुघ्नं सूपभूषणम्[57] ।। 54 ।।

[42R.] हिंगूष्णं पाचनं रुच्यं तीक्ष्णोष्णं कफवातनुत् ।
शूलगुल्मोदरानाहकृमिजित्पित्तवर्द्धनम् ।। 55 ।।

Hiṅgu (Ferula foetida)

Syn. :Hiṅgu, bāhlīka, atyugra, rāmaṭha, bhūtanāśana, agūḍhagandhā, jaraṇa, jantughna and *sūpabhūṣaṇa.*

Attribute : Sharp.

Potency : Hot.

Action : Carminative.

Specific action : Appetiser and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *śūla* (colic pain), *gulma* (phantom tumour), *udara* (obstinate abdominal diseases including ascites), *ānāha* (flatulence) and *kṛmi* (parasitic infestaion).

Note : It aggravates *pitta.*

[II. 54 – 55]

वंशलोचननामगुणाः

वंशजा वैणवी क्षीरी त्वक्क्षीरी वंशरोचना ।
तुगाक्षीरी तुगा वंशी वंशक्षीरी शुभा सिता ।। 56 ।।

वंशजा बृंहणी वृष्या शीतला मधुरा जयेत् ।
तृष्णाक्षयज्वरश्वासकासपित्तास्रकामलाः ।। 57 ।।

वंशरोचनानामगुणाः

56. अगूढवधा 57. (क) भूपधूपकम्

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Vaṃśalocana (Bamboo Salt)

Syn. *:Vaṃśajā, vaiṇavī, kṣīrī, tvakkṣīrī, vaṃśa rocanā, tugākṣīrī, tugā, vaṃśī, vaṃśa kṣīrī, śubhā* and *sitā.*

Taste : Sweet.

Potency : Cold.

Specific action : Nourishing and aphrodisiac.

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *kṣaya* (consumption), *jvara* (fever), *śvāsa* (dyspnoea), *kāsa* (cough), *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kāmalā* (jaundice).

[II. 56–57]

सैन्धवनामगुणाः

सैन्धवं सिन्धुजं शुद्धं मणिमन्थं पटूत्तमम् ।। 58 ।।

सैन्धवं मधुरं हृद्यं दीपनं शीतलं लघु ।
चक्षुष्यं पाचनं स्निग्धं वृष्यं दोषत्रयापहम् ।। 59 ।।

Saindhava (Rock Salt)

Syn. : *Saindhava, sindhuja, śuddha, maṇimantha* and *paṭūttama.*

Taste : Sweet.

Attributes : Light and unctuous.

Potency : Cold.

Action : Carminative.

Specific action : Promoter of eye-sight, aphrodisiac and alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

[II. 58–59]

सौवर्चल (संचर) नामगुणाः

सौवर्चलं सुगन्धाख्यं रुच्यकं हृद्यगन्धकम् ।। 60 ।।

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[42V.] सौवर्चलं वह्निकरं कटूष्णं विशदं लघु ।
उद्गारशुद्धिदं सूक्ष्मं विबन्धानाहशूलजित् ।। 61 ।।

Sauvarcala (Sonchal Salt)

Syn. : *Sauvarcala, suganaha, rucyaka* and *hṛdyagandhaka.*

Taste : Pungent.

Attributes : *Viśada* (non-slimy), *laghu* (light) and *sūkṣma* (subtle).

Potency : Hot.

Action : Digestive stimulant.

Therapeutic usage : Cures *vibandha* (constipation), *ānāha* (flatulence) and *śūla* (colic pain). In cleanses *udgāra* (eructation).

[II. 60 – 61]

बिडनामगुणाः

बिडं कृत्रिमकं पाक्यं धूर्त्तं द्राविडमासुरम् ।। 62 ।।

बिडं लघूष्णं विष्टम्भ[58]शूलहृद्गौरवारुचीः ।
हन्त्यानाहकफशूल[59]मधोवातानुलोमनम् ।। 63 ।।

विटनामगुणाः

Biḍa (Artificially Prepared Salt Containing Ammonium Chloride)

Syn.: *Biḍa, kṛtrimaka, pākya, dhūrtta, drāviḍa* and *āsura.*

Attribute : Light.

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *viṣṭambha śūla* (colic pain caused by the

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58. (ख) विष्टम्भि शूल० 59. (ख) ०कफौ शूलम०

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impairment of the peristaltic movement of the colon), *hṛdgaurava* (heaviness in the cardiac region), *aruci* (anorexia), *ānāha* (flatulence) and *śūla* (colic pain). It helps in the elimination of *vāyu* through downward tracts.

[II. 62–63]

सामुद्रकलवणनामगुणाः

सामुद्रं वारिसम्भूतमक्षीवं चासुरं[60] तथा ।। 64 ।।

सामुद्रं दीपनं स्वादु नात्युष्णं भेदनं कटु ।
[43R.] श्लेष्मलं वातनुत्तिक्तमरूक्षं नातिपित्तलम् ।। 65 ।।

सामुद्रखरडालुणनामगुणाः

Sāmudra Lavaṇa (Sea Salt)

Syn. : Sāmudra, vārisambhūta, akṣīva and *āsura.*

Taste : Sweet, pungent and bitter.

Attribute: Unctuous.

Potency : Not very hot.

Action : Dīpana (digestive stimulant).

Specific action : Bhedana (purgative) and alleviator of *vāyu.*

Note : i) It aggravates *kapha.*

ii) It does not aggravate *pitta* in excess.

[II. 64–65]

औद्भिदनामगुणाः

औद्भिदं भूमिजं भौमं पार्थिवं पृथिवीभवम् ।
औद्भिदं रक्तलं सूक्ष्मं लघु वातानुलोमनम् ।। 66 ।।

साम्बरिकलुणनामगुणाः

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60. (क) वशिरं

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Audbhida (Salt of Saline Soil)

Syn. :*Audbhida, bhūmija, bhauma, pārthiva* and *pṛthivībhava.*

Attributes : *Laghu* (light) and *sūkṣma* (subtle).

Specific action : Promotes *rakta* (blood) and helps in the downward movement of *vāyu.*

[II. 66]

गण्डनामगुणाः

गण्डाख्यं रोमलवणं रोम शाकम्भरीभवम् ।
गण्डाख्यं लघु वातघ्नमत्युष्णं भेदि मूत्रलम् ।। 67 ।।

Gaṇḍa (A Type of Artificial Salt)

Syn. : *Gaṇḍākhya, roma lavaṇa, roma* and *śākambharībhava.*

Attribute : *Laghu* (light).

Potency : Very hot.

Specific action : *Bhedi* (purgative) and *mūtrala* (diuretic).

[II. 67]

क्षारनामगुणाः

क्षारं पांसुभवं त्वौषमौषरं पांसवं वसु ।
क्षारं गुरु कटु स्निग्धं श्लेष्मलं वातनाशनम् ।। 68 ।।

Kṣāra (Alkalies)

Syn. : *Kṣāra, pāṃsubhava, auṣa, auṣara, pāṃsava* and *vasu.*

Taste : Pungent.

Atrributes : *Guru* (heavy) and unctuous.

Specific action : Alleviates *vāyu.*

Note : It aggravates *kapha.*

[II. 68]

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काचलवणनामगुणाः

काचं त्रिकूटं पाक्याह्वं लवणं काचसम्भवम् ।
काचं दीपनमत्युष्णं रक्तपित्तविवर्द्धनम्।। 69 ।।

Kāca Lavaṇa (A Type of Salt)

Syn. : Kāca, trikūṭa, pākyāhva, lavaṇa and *kācasambhava.*

Potency : Excessively hot.

Action : Dīpana (digestive stimulant).

Note : It increases *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[II. 69]

यवक्षारस्वर्जिकाक्षारयोर्नामगुणाः

यवक्षारः शूकपाक्यो यवाशूको यवाग्रजः ।
[43V.] स्वर्जिका स्वर्जिकापाक्यः सुखपाक्यः[61] सुवर्चिका ।। 70 ।।

यवक्षारोऽग्निकृद्वातश्लेष्मश्वासगलामयान् ।
आमार्शोग्रहणीगुल्मयकृत्प्लीहरुजो जयेत् ।। 71 ।।

स्वर्जिकाऽल्पगुणा तस्माद्विशेषाद्गुल्मशूलनुत् ।। 72 ।।

यवक्षारसर्जिक्षारनामगुणाः

Yava Kṣāra (An Alkali Preparaion From Barley Containing Potasium bicarbonate)

Syn :Yava kṣāra, śuka pākya, yavā śuka and *yavāgraja.*

Action : Promotes power of digestion.

Specific action : Alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *galāmaya* (throat diseases), *āma* (a product of improper digestion and metabolism), *arśas* (piles),

61. (क) सुखवर्षि

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grahaṇī (sprue syndrome), *gulma* (phantom tumour), *yakṛt ruk* (liver-diseases) and *plīha ruk* (splenic diseases).

Svarjikā Kṣāra (Alkali Preparation Containing Sodium bicarbonate)

Syn. : *Svarjikā, svarjikā pākya, sukhapākya* and *suvarcikā.*

Therapeutic usage : Specially cures *gulma* (phantom tumour) and *śūla* (colic pain).

Note : It is inferior to *yava kṣāra* in properties .

[II. 70 – 72]

टंकणनामगुणाः

टंकणो माालती[62]जातो द्रावी लोहविशुद्धिदः ।
टंकणोऽग्निकरो रूक्षः कफघ्नो वातपित्तकृत्[63] ।। 73 ।।

सुहगी

Taṅkaṇa (Borax)

Syn. : *Taṅkaṇa, mālatī (vā)jāta, drāvī* and *lohaviśuddhida.*

Attribute : Ununctuous.

Action : Digestive stimulant.

Specific action : Alleviates *kapha.*

Note : Aggravates *vāyu* and *pitta.*

[II. 73]

सुधाक्षार (थोहरखार) नामगुणाः

सुधामृताह्वयं[64] सौधभूषणं कटुशर्करा ।
सुधाक्षारोऽग्निसंकाशः पाकी क्लेदी विदारणः ।। 74 ।।

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62. (ख) मालवोताजातो 63. (ख) वातपित्तजित् 64. (ख) सुधाह्वयं सुधा

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Sudhā Kṣāra (An Alkali Preparation From Euphorbia neriifolia)

Syn. : Sudhā, amṛtā, saudhabhūṣaṇa and *kaṭu śarkarā.*

Attribute : Kledī (which produces stickiness).

Action : Pākī (stimulant of digestion and metabolism).

Note : i) It is like fire.

ii) It is *vidāraṇa* (which causes perforation).

[II. 74]

सर्वक्षारनामगुणाः

पलाशतिलनालश्व[65]दंष्ट्रकाकदलीभवाः ।
अपामार्गार्कसेहुण्डमोक्षकादिसमुद्भवाः ।। 75 ।।

क्षारा वह्निसमाः सर्वे पाचना भेदिदारुणाः ।
[44R.] लघवः क्लेदिनस्तीक्ष्णाः शुक्रौजो[66]दृष्टिनाशनाः ।। 76 ।।

रक्तपित्तकरा घ्नन्ति विबंधानाहपीनसान् ।
यकृत्प्लीहबलासामगुल्मार्शोग्रहंणीकृमीन् ।। 77 ।।

Sarva Kṣāra (Different Types of Alkalies in General)

Kṣāras (alkalies) are prepared of *palāśa, tilanāla, śvadaṃṣṭraka, kadalī, apāmārga, arka, sehuṇḍa* and *mokṣaka.*

Attributes : Light, *kledī* (sticky) and *tīkṣṇa* (sharp).

Action : Carminative.

Specific action : Bhedi (purgatives), *dāruṇa* (penetrating) and alleviators of *kapha.*

Therapeutic usage : Cure *vibandha* (constipation), *ānāha* (flatulence),

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65. (क) oतिलनालश्च
66. (ख) शुक्रला दृष्टिनाशनाः

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pīnasa, (chronic rhinitis), *yakṛt* (liver diseases), *plīhan* (splenic disorders), *ama* (a product of improper digestion and metabolism), *gulma* (phantom tumour), *arśas* (piles), *grahaṇī* (sprue syndrome) and *kṛmi* (parasitic infestation).

Note : i) They are like fire.

ii) They reduce the quantity of *śukra* (semen) and *ojas*, and eyesight.

iii) They cause *rakta pitta* (a disease characterised by bleed ing from different parts of the body).

[II. 75–77]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्णः
शुण्ठ्यादिः खलु भिषजां हिताय वर्गः[67] ।। 78 ।।

Colophon

Description of the group of drugs beginning with *śuṇṭhī* or dry-ginger *(Śuṇṭhyādi varga)* in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the title *Kaṭāra malla* is completed.

[II. 78]

इति मदनपालनिघण्टौ शुण्ठ्यादिवर्गो द्वितीयः[68] ।। 2 ।।

Thus, ends the second group of drugs called *Śuṇṭhyādi varga* in *Madanapāla nighaṇṭu.*

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67. (क) वर्गोऽयं ललितपदैश्च महौषधादिः ।

68. (क) इति श्रीमदनविनोदे निघण्टौ शुष्ठ्यादि वर्गो नाम द्वितीयः ।

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CHAPTER III
कर्पूरादिवर्गः

(Group beginning with karpūra, etc.)

आरोप्य[1] पाणौ नववल्लवीभि–
बर्लिं विनोदात्परिचुम्बितास्यम् ।
ओष्ठं पिबन्तं प्रतिबद्धदन्तम्
आश्चर्ययुक्तं हरिमाश्रयामि ।। 1 ।। [44V.]

Invocation

I surrender myself to Lord Hari (Krishna), who, in his child-hood, exhibited an exciting sight when young cowherdesses out of pleasure carried Him in their hands and kissed His face and lips with their teeth kept light.

[III. 1]

कर्पूरनामगुणाः

कर्पूरः स्फटिकश्चन्द्रः सिताभ्रो हिमवालुकः ।
हिमोपलः शीतरजो भूतिकस्तु हिमाह्वयः ।
हिमाभ्रो घनसारश्च चन्द्राह्वश्चापि गीयते ।। 2 ।।

कर्पूरः शीतलो वृष्यश्चक्षुष्यो लेखनो लघुः ।
कफदाहास्यवैरस्यमेदःशोथविषापहः ।। 3 ।।

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1. (क) आरोग्यपाणौ

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Karpūra (Cinnamomum camphora)

Syn. : *Karpūra, sphaṭika, candra, sitābhra, himavāluka, himopala, śītaraja, bhūtika, himāhvaya, himābhra, ghanasāra* and *candrāhva.*

Attributes : *Lekhana* (depleting) and light.

Potency : Cold.

Specific action : Aphrodisiac, useful for eye-sight and alleviator of *kapha.*

Therapeutic usage : Cures *dāha* (burning syndrome), *āsya vairasya* (distaste in the mouth), *medas* (adiposity), *śotha* (oedema) and *viṣa* (poisoning).

[III. 2–3]

कस्तूरीद्वयनामगुणाः

कस्तूरिका मृगमदो वेदमुख्या[2] मृगाण्डजः ।
मृगनाभिरथान्या स्याल्लताकस्तूरिका मता ।। 4 ।।

कस्तूरी शुक्रला गुर्वी कटुका कफशीतजित् ।
उष्णा हन्ति विषच्छर्दिशोफदौर्गन्ध्यमारुतान् ।। 5 ।।

लताकस्तूरिका तद्वन्नेत्र्या शीता लघुस्तथा ।। 6 ।।

Kastūrī (Musk)

Syn. : *Kastūrikā, mṛgamada, vedamukhyā, mṛgāṇḍaja* and *mṛganābhi.*

Taste : Pungent.

Attribute : Heavy.

Potency : Hot.

Specific action : Promotes semen, and alleviates *kapha* and *vāyu.*

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2. (क) वेघमुख्या

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Therapeutic usage : Cures *śīta* (feeling of cold), *viṣa* (poisoning), *chardi* (vomiting), *śopha* (oedema) and *daurgandhya* (foul smell coming out of the body).

Latākastūrī (Hibiscus abelmoschus)

Syn. : *Latā kastūrikā.*

Attribute : Light.

Potency : Cold.

Specific action : Useful for eyes.

Note : It is similar to *kastūrī* in properties.

[III. 4 – 6]

मार्जारीनामगुणाः

मार्जारी पूतिका पूतिकचा स्याद्गन्धचेलिका ।
मार्जारी वान्तिमाधत्ते चक्षुष्या कफवातजित् ।। 7 ।।

Mārjārī (Perfume Obtained from Testicles of Civet-cat)

Syn. : *Mārjārī, pūtikā, pūtikacā* and *gandha celikā.*

Specific action : Promotes eye-sight, and alleviates *kapha* and *vāyu.*

Note : It causes vomiting.

[III. 7]

चन्दननामगुणाः

चन्दनं तिलपर्णं स्यान्महार्हं श्वेतचन्दनम् ।
[45R.] भद्रश्रियं मलयजं गोशीर्षं गन्धसारकम् ।। 8 ।।

चन्दनं शीतलं रूक्षं तिक्तमाह्लादनं लघु ।
हृद्यं वर्ण्यं विषश्लेष्मतृष्णापित्तास्रदाहजित् ।। 9 ।।

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Candana (Santalum album)

Syn. : *Candana, tilaparṇa, mahārha, śveta candana, bhadra śriya, malayaja, gośīrṣa* and *gandha sāraka.*

Taste : Bitter.

Attributes : Ununctuous and light.

Potency : Cold.

Specific action : Cardiac tonic, promoter of complexion, *āhlādana* (which gives happiness) and alleviator of *kapha.*

Therapeutic usage : Cures *viṣa* (poisoning), *tṛṣṇā* (morbid thirst), *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *dāha* (burning syndrome).

[III. 8-9]

रक्तचन्दननामगुणाः

रक्तचन्दनमुद्दिष्टं लोहितं क्षुद्रचन्दनम् ।
ताम्रसारं रक्तसारं ज्योतिःसोमं च रंजनम् ।। 10 ।।

रक्तं शीतं गुरु स्वादुच्छर्दितृष्णास्रपित्तनुत् ।
तिक्तं नेत्रहितं वृष्यं ज्वरघ्नं च विषापहम् ।। 11 ।।

Rakta Candana (Pterocarpus santalinus)

Syn. : *Rakta candana, lohita, kṣudra candana, tāmra sāra, rakta sāra, jyotiḥ soma* and *rañjana.*

Taste : Sweet and bitter.

Attribute : Heavy.

Potency : Cold.

Specific action : Useful for eyes, and aphrodisiac.

Therapeutic usage : Cures *chardi* (vomiting), *tṛṣṇā* (morbid thirst), *rakta pitta* (a disease characterised by bleeding from different parts of the body), *jvara* (fever) and *viṣa* (poisoning).

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कृष्णचन्दननामगुणाः

कालीयकं पीतसारं पीतं नारायणप्रियम् ।
कालीयकं रक्तगुणं विषघ्नं वातनाशनम्[3] ।। 12 ।।

कालीयकनामगुणाः

Kṛṣṇa Candana (Coscinium fenestratum)

Syn. : *Kālīyaka, pītasāra, pīta* and *nārāyaṇapriya.*

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *viṣa* (poisoning).

Note : It has properties similar to *rakta candana.*

[III. 10– 12]

कृष्णागुरु(अगर)नामगुणाः

कृष्णागुरु स्यादगुरु राजार्हं विश्वरूपकम् ।
जोङ्गकं शीतमलिनं कृमिजघ्नमनक्तकम् ।। 13 ।। [45 V.]

कृष्णागुरूष्णं कर्णाक्षिरोगनुत्पित्तलं लघु ।। 14 ।।

Kṛṣṇāguru (Aquilaria agallocha)

Syn. : *Kṛṣṇāguru, aguru, rājārha, viśva rūpaka, joṅgaka, śītamalina, krimijaghna* and *anaktaka.*

Attribute : Light.

Potency : Hot.

Therapeutic usage : Cures diseases of *karṇa* (ear) and *akṣi* (eye).

Note : It aggravates *pitta.*

[III. 13–14]

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3. (ख) विशेषात्पवनापहम्

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कुङ्कुम (केशर) नामगुणाः

कुङ्कुमं चारु बाह्लीकं वर्ण्यमग्निशिखं वरम् ।
काश्मीरं पीतसाराह्वं[4] सङ्कोचं पिशुनांशुकम् ।। 15 ।।

कुङ्कुमं कटुकंसिध्म[5]शिरोरुग्व्रणजन्तुजित् ।
उष्णं हास्यकरं वर्ण्यं[6] व्यङ्गदोषत्रयापहम् ।। 16 ।।

Kuṅkuma (Crocus sativus)

Syn. : *Kuṅkuma, cāru, bāhlīka, varṇya, agniśikha, vara, kāśmīra, pītasārāhva, saṅkoca, piśuna* and *aṃśuka.*

Taste : Pungent.

Potency : Hot.

Specific action : Promotes complexion, causes *hāsya* (happiness) and alleviates all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *sidhma* (a type of leucoderma), *śiroruk* (headache), *vraṇa* (ulcer) and *jantu* (parasitic infestation)

[III. 15 –16]

सिह्लकनामगुणाः

सिह्लकः कपिजो धूम्रस्तुरुष्कः पिण्डितः कपिः ।
सिह्लकः कुष्ठकण्डूघ्नः स्निग्धोष्णः शुक्रकान्तिकृत ।। 17 ।।

Sihlaka (Altingia excelsa)

Syn. : *Sihlaka, kapija, dhūmra, turuṣka, piṇḍita* and *kapi.*

Attribute : Unctuous.

Potency : Hot.

Specific action : Promotes *śukra* (semen) and *kānti* (complexion).

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4. (ख) पीतमभ्राह्वं 5. (क) हिध्मशि० 6. (ख) बल्यं

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Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and *kaṇḍū* (itches).

[III. 17]

एलवालुकनामगुणाः

एलवालुकमेल्वालु वालुकं हरिवालुकम् ।। 18 ।।

एल्वालु शीतलं हन्ति कण्डूकुष्ठकफक्रिमीन् ।
तृट्छर्दिकफपित्तास्रहन्मूत्रगदजिल्लघु ।। 19 ।।

Elavāluka (Prunus cerasus)

Syn. : *Elavāluka, elvālu, vāluka* and *harivāluka.*

Attribute : Light.

Potency : Cold.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *kaṇḍū* (itches), *kuṣṭha* (obstinate skin diseases including leprosy), *kṛmi* (parasitic infestation), *tṛṭ* (morbid thirst), *chardi* (vomiting), *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body) and urinary diseases.

[III. 18 –19]

जातीफलनामगुणाः

जातीफलं जातिसृतं शलूकं मालतीसुतम् ।
जातीफलं लघु स्वर्यं हृद्यं दीपनपाचनम् ।
उष्णं कफानिलच्छर्दिकृमिपीनसकासजित् ।। 20 ।।

Jātīphala (Myristica fragrans)

Syn. : *Jātīphala, jātisṛta, śalūka* and *mālatīsuta.*

Attribute : Light.

Potency : Hot.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

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Therapeutic usage : Cures *chardi* (vomiting), *kṛmi* (parasitic infestation), *pīnasa* (chronic rhinitis) and *kāsa* (cough).

[III. 20]

जातीपत्रीनामगुणाः

जातीपत्री जातिपर्णा मालतीपत्रिका तथा ।
जातीपत्री लघूष्णा स्यात्कफक्रिमिविषापहा ।। 21 ।।

Jātīpatrī (Mace, the Aril of Nutmeg)

Syn. : *Jātīpatrī, jātiparṇa* and *mālatīpatrikā.*

Attribute : Light.

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *krimi* (parasitic infestation) and *viṣa* (poisoning).

[III. 21]

लवङ्गनामगुणाः

लवङ्गं शिखरं दिव्यं लवं चन्दनपुष्पकम् ।
श्रीपुष्पं देवकुसुमं भृङ्गारं वारिसम्भवम् ।। 22 ।।

लवङ्गं लघु चक्षुष्यं हृद्यं दीपनपाचनम् ।
शूलानाहकफश्वासकासच्छर्दिक्षयापहम् ।। 23 ।।

Lavaṅga (Syzygium aromaticum)

Syn. : *Lavaṅga, śikhara, divya, lava, candana puṣpaka, śrīpuṣpa, deva kusuma, bhṛṅgāra* and *vārisambhava.*

Attribute : Light.

Action : *Dīpana* (degestive stimulant) and *pācana* (carminative).

Specific action : Useful for eyes and heart, and alleviator of *kapha.*

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Therapeutic usage : Cures *śūla* (colic pain), *ānāha* (constipation), *śvāsa* (dyspnoea), *kāsa* (cough), *chardi* (vomiting) and *kṣaya* (consumption).

[III. 22–23].

कंकोलनामगुणाः

कङ्कोलं कटुकं कोलं मारीचं माध्वोषितम् ।
कङ्कोलमुष्णं हृद्रोगकफवाताग्निमान्द्यजित् ।। 24 ।।

कक्कोलनामगुणाः

Kaṅkola (Piper cubeba)

Syn. : *Kaṅkola, kaṭuka, kola, mārīca* and *mādhavoṣita.*

Potency : Hot.

Specific action : Cures *hṛdroga* (heart disease) and *agnimāndya* (suppression of the power of digestion).

[III. 24]

एलानामगुणाः

एला त्रुटिश्चन्द्रवाला बहुला निष्कुटिस्त्विषा ।
कपोतवर्णा सूक्ष्मैला कुनटी द्राविडी मता ।। 25 ।।

[46 R.] एला सूक्ष्मा कफश्वासकासार्शोमूत्रकृच्छ्रनुत् ।। 26 ।।

अलाइचनामगुणाः

Elā or Sūkṣmailā (Elettaria cardamomum)

Syn. : *Elā, candravālā, bahulā, niṣkuṭi, tviṣā, kapotavarṇā, sūkṣmailā, kunaṭī* and *drāviḍī.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *arśas* (piles) and *mūtra kṛcchra* (dysuria).

[III. 25–26]

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स्थूलैलानामगुणाः

स्थूलैला त्रिपुटा कट्वी[7] भद्रैला त्रिदिवोद्भवा ।। 27 ।।

स्थूलैला रोचनी तीक्ष्णा लघूष्णा कफपित्तजित् ।
ह्रल्लासविषबस्त्यास्यशिरोरुग्वमिकासनुत् ।। 28 ।।

स्थूल अलाइचनामगुणाः

Sthūlailā (Amomum subulatum)

Syn. : *Sthūlailā, tripuṭā, kaṭvī, bhadrailā* and *tridivodbhavā.*

Attributes : *Tīkṣṇā* (sharp) and light.

Potency : Hot.

Specific action : *Rocanī* (appetiser) and alleviator of *kapha* and *pitta.*

Therapeutic usage : *Hṛlāsa* (nausea), *viṣa* (poisoning), diseases of *basti* (pelvic region), *āsya* (mouth) and *śiras* (head), *vami* (vomiting) and *kāsa* (cough).

[III. 27–28]

त्वचनामगुणाः

त्वचं वराङ्गं सकलं त्वक्कोचं तनुकं वरम् ।
लाटपर्ण्यं घनं भृङ्गं गुरुत्वक् स्वर्णभूमिकम् ।। 29 ।।

त्वचं लघूष्णं कटुकं विषदं स्वादु पित्तलम् ।
हृद्बस्तिरोगवातार्शःपीनसक्रिमिशुक्रनुत् ।। 30 ।।

गुडत्वक्नामगुणाः

Tvak (Cinnamomum zeylanicum)

Syn. : *Tvaca, varāṅga, sakala, tvakkoca, tanuka, vara, lāṭaparṇya, ghana, bhṛṅga, gurutvak* and *svarṇabhūmika.*

Taste : Pungent and sweet.

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7. (ख) कन्या

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Attribute : Light.

Potency : Hot.

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *viṣa* (poisoning), diseases of *hṛd* (heart) and *basti* (pelvic region), *arśas* (piles), *pīnasa* (rhinitis), *kṛmi* (parasitic infestation) and seminal diseases.

Note : It aggravates *pitta.*

[III. 29–30]

तेजपत्रनामगुणाः

पत्रं दलाह्वं तापूसं[8] तमालं रोम रोमशम् ।
पत्रमुष्णं लघु श्लेष्महृल्लासार्शोऽनिलापहम् ।। 31 ।।

Tejapatra (Leaves of Cinnamomum tamala)

Syn. : *Patra, dalāhva, tāpūsa, tamāla, roma* and *romaśa.*

Attribute : Light.

Potency : Hot.

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *hṛllāsa* (nausea) and *arśas* (piles).

[III. 31]

नागकेशरनामगुणाः

नागकेशरकं नागं चाम्पेयं केशरं गजम् ।। 32 ।।

नागकेशरकं रूक्षमुष्णं लघ्वामपाचनम् ।
दौर्गन्ध्यकुष्ठवीसर्पकफपित्तविषापहम् ।। 33 ।।

नागेश्वरनामगुणाः

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8. (ख) तामूसं

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Nāgakeśara (Mesua ferrea)

Syn. : *Nāga keśaraka, nāga, cāmpeya, keśara* and *gaja.*
Attributes : Light and ununctuous.

Potency : Hot.

Specific action : Alleviates *kapha* and *pitta,* and it is *āma pācana* (which helps in the metabolic transformation of undigested products).

Therapeutic usage : Cures *daurgandhya* (foul smell coming out of the body), *kuṣṭha* (obstinate skin diseases including leprosy), *visarpa* (erysipelas) and *viṣa* (poisoning).

[III. 32–33]

त्रिजातचतुर्जातनामगुणाः

एलादित्रिभिरुद्दिष्टं त्रिजातं त्रिसुगंधकम् ।
चतुर्जातं सनागं तद् द्वयं वातकफापहम् ।। 34 ।।

Trijāta (Group of Three Aromatic Drugs)

Three drugs, *elā, tvak* and *tejapatra,* taken together are called *trijāta.*

Caturjāta (Group of Four Aromatic Drugs)

Trijāta (elā, tvak and *patra)* when added with *nāga keśara* is called *caturjāta.*

Both, *trijāta* and *caturjāta* alleviate *vāyu* and *kapha.*

[III. 34]

तालीसपत्रनामगुणाः

तालीसपत्रं तालीसं धात्रीपत्रं शुकोदरम्[9] ।
अपरं ग्रंथिकापत्रं[10] पत्राढ्यं तुलसीछदम् ।। 35 ।।

तालीसं लघु तीक्ष्णोष्णं श्वासकासकफानिलान् ।
निहन्ति रुच्यं गुल्मामवह्निमान्द्यक्षयामयान् ।। 36 ।।

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9. (ख) सकोदनम् 10. (क) पद्मिकापत्रं

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Tālīsapatra (Abies webbiana)

Syn. : *Tālīsapatra, tālīsa, dhātrīpatra* and *śukodara.*

A variety of it is called *granthikā patra, patrāḍhya* and *tulasīchada.*

Attributes : Light and sharp.

Potency : Hot.

Specific action : Alleviates *kapha* and *vāyu,* and it is appetiser.

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *gulma* (phantom tumour), *āma* (product of improper digestion and metabolism), *vahnimāndya* (suppression of the power of digestion) and *kṣaya* (consumption).

[III. 35–36]

सरलनामगुणाः

सरलो मदनश्चण्डो नमेरुः पीतवृक्षकः ।
[47 R.] सरलः कण्ठकर्णाक्षिगदघ्नोष्णो लघुः कटुः ।। 37 ।।

Sarala (Operculina turpethum)

Syn. : *Sarala, madana, caṇḍa, nameru* and *pīta vṛkṣaka.*

Taste : Pungent.

Attribute : Light.

Potency : Hot.

Therapeutic usage : Cures diseases of throat, ears and eyes.

[III. 37]

श्रीवासनामगुणाः

श्रीवासो वेष्टको दासी श्रीनिवासः कलिद्रुमः ।
श्रीवासः कफमूर्द्धाक्षिरोगवातहरः सरः ।। 38 ।।

श्रीवास

Śrīvāsa (Pinus roxburghii)

Syn. : *Śrīvāsa, veṣṭaka, dāsī, śrīnivāsa* and *kalidruma.*

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Specific action : Laxative and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures diseases of head and eyes.

[III. 38]

बालकनामगुणाः

बालकं वारि हीबेरं पिङ्माचमनं कचम् ।
उदीच्यं वज्रमन्थाह्वं वरिष्ठं गन्धमूलकम् ।। 39 ।।

बालकं शीतलं रूक्षं लघु दीपनपाचनम् ।
रक्तपित्तज्वरश्लेष्मदाहतृष्णाव्रणापहम् ।। 40 ।।

कुरुवेलीनामगुणाः

Bālaka (Coleus vettiveroides)

Syn. : *Bālaka, vāri, hrībera, piṅga, ācamana, kaca, udīcya, vajramantha, variṣṭha* and *gandhamūlaka*.

Attributes : Ununctuous and light.

Potency : Cold.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : Alleviates *kapha*.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *jvara* (fever), *dāha* (burning sensation), *tṛṣṇā* (morbid thirst) and *vraṇa* (ulcer).

[III. 39 – 40]

मांसी (बालछड़) नामगुणाः

मांसी जटा भूतकेशी क्रव्यादानलदं शिखा ।
कृष्णाऽन्या पूतनाकेशी गन्धमांसी पिशाचिका ।। 41 ।। [47 V.]

मांसी हिमा त्रिदोषास्रदाहवीसर्पकुष्ठजित् ।। 42 ।।

जटामांसिनामगुणाः

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Māṃsī (Nardostachys jatamansi)

Syn. : *Māṃsī, jaṭā, bhūtakeśī, kravyāda, analada* and *śikhā.*

A Variety of Māṃsī

Syn. : *Kṛṣṇā, pūtanākeśī, gandhamāṃsī* and *piśācikā.*

Potency : Cold.

Specific action : Alleviates all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures vitiation of blood, *dāha* (burning syndrome), *visarpa* (erysipelas) and *kuṣṭha* (obstinate skin diseases including leprosy).

[III. 41– 42]

उशीरनामगुणाः

उशीरमभयं सेव्यं वीरं वीरणमूलिका ।। 43 ।।

उशीरं पाचनं शीतं स्तम्भनं कफपित्तजित् ।
तृष्णास्रविषवीसर्पदाहकृच्छ्रव्रणापहम् ।। 44 ।।

Uśīra (Vetiveria zizanioides)

Syn. : *Uśīra, abhaya, sevya, vīra* and *vīraṇa mūlikā.*

Potency : Cold.

Action : *Pācana* (carminative).

Specific action : *Stambhana* (which promotes power of retention) and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *asra* (vitiation of blood), *viṣa* (poisoning), *visarpa* (erysipelas), *dāha* (burning syndrome), *kṛcchra* (dysuria) and *vraṇa* (ulcer).

[III. 43 – 44]

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रेणुकानामगुणाः

रेणुका कपिला कौन्ती पाण्डुपत्री हरेणुका ।
रेणुका पित्तला मेध्या वह्निकृद्गर्भपातिनी ।। 45 ।।

Reṇukā (Vitex agnus-castus)

Syn. : *Reṇukā, kapilā, kaunṭī, pāṇḍu patrī* and *hareṇukā.*

Action : Digestive stimulant.

Specific action : *Medhyā* (promoter of intellect).

Note : i) It aggravates *pitta.*

ii) It causes abortion.

[III. 45]

प्रियंगुनामगुणाः

प्रियङ्गुः फलिनी श्यामा कान्ताह्वा नन्दनी लता ।। 46 ।।

प्रियङ्गुः शीतला वान्तिदाहपित्तज्वरास्रजित् ।
सुखकान्तिप्रजननी गात्रदौर्गन्ध्यनाशिनी ।। 47 ।।

Priyaṅgu (Setaria italica)

Syn. : *Priyaṅgu, phalinī, śyāmā, kāntāhvā, nandanī* and *latā.*

Potency : Cold.

Specific action : Alleviates *pitta*, and promotes *sukha* (happiness) and *kānti* (complexion).

Therapeutic usage : Cures *vānti* (vomiting), *dāha* (burning syndrome), *jvara* (fever), vitiation of blood and *gātra daurgandhya* (foul smell of the body).

[III. 46 – 47]

पारिपेलनामगुणाः

पारिपेलं प्लवं वन्यं शुकाह्वं परिपेलकम् ।
पारिपेलं हिमं कण्डूकुष्ठास्रकफपित्तजित् ।। 48 ।। [48 R.]

परिपेलवनामगुणाः

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Pāripela (A Cyperus sp.)

Syn. : *Pāripela, plava, vanya, śukāhva* and *paripelaka.*

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *kaṇḍū* (itches), *kuṣṭha* (obstinate skin diseases including leprosy) and vitiation of blood.

[III. 48]

शैलेयनामगुणाः

शैलेयं स्थविरं वृद्धं शिलापुष्पं शिलोद्भवम् ।
शैलेयं शीतलं ह्यं कफपित्तहरं लघु ।। 49 ।।

Śaileya (Parmelia perlata)

Syn. : *Śaileya, sthavira, vṛddha, śilāpuṣpa* and *śilodbhava.*

Attribute : Light.

Potency : Cold.

Specific action : Cardiac tonic and alleviator of *kapha* and *pitta.*

[III. 49]

लामज्जकनामगुणाः

लामज्जकं जलाधारं दीर्घमूलं जलाशयम् ।
इष्टकापथकं शीघ्रममृणालं सुनालकम् ।। 50 ।।

लामज्जकं हिमं कृच्छ्रदाहदोषत्रयास्रजित् ।। 51 ।।

मृणालनामगुणाः

Lāmajjaka (Cymbopogon jwarancusa)

Syn. : *Lāmajjaka, jalādhāra, dīrghamūla, jalāśaya, iṣṭakāpathaka, śīghra, amṛṇāla* and *sunālaka.*

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Potency : Cold.

Specific action : Alleviates all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *kṛcchra* (dysuria), *dāha* (burning syndrome) and vitiation of blood.

[III. 50 – 51]

कुन्दुरुनामगुणाः

कुन्दुरुर्मेचकः कुन्दः खपुरो भीषणो बली ।
कुन्दुरुः स्वेदपवनश्लेष्मव्रघ्नज्वरापहः ।। 52 ।।

कुन्दुरीनामगुणाः

Kunduru (Boswellia serrata)

Syn. : *Kunduru, mecaka, kunda, khapura, bhīṣaṇa* and *balī.*

Specific action : Alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *sveda* (excessive sweating), *bradhna* (enlargement of inguinal lymph-gland) and *jvara* (fever).

[III. 52]

गुग्गुलुनामगुणाः

गुग्गुलुः कालनिर्यासो महिषाङ्क्षः पलङ्कषः ।
[48 V.] जटायुः कौशिको धूर्त्तो देवधूपः शिवः पुरः ।। 53 ।।

गुग्गुलुर्विशदस्तिक्तो वीर्योष्णो मधुरः सरः ।
भग्नसन्धानकृद् वृष्यः सूक्ष्मः स्वर्यो रसायनः ।। 54 ।।

दीपनः पिच्छिलो बल्यः कफवातव्रणापचीः ।
मेदोमेहास्रवातास्रक्लेदकुष्ठाममारुतान् ।। 55 ।।

पिण्डिका[11]ग्रन्थिशेफार्शोग्रन्थिगण्डक्रिमीन् जयेत् ।
स नवो बृंहणो वृष्यः पुराणस्त्वतिलेखनः ।। 56 ।।

गुग्गुलनामगुणाः

11. (ख) पिटिका०

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Guggulu (Commiphora mukul)

Syn. : *Guggulu, kālaniryāsa, mahiṣākṣa, palaṅkaṣa, jaṭāyu, kauśika, dhūrtta, devadhūpa, śiva* and *pura.*

Taste : Bitter and sweet.

Attributes : *Viśada* (non-slimy), *sūkṣma* (subtle) and *picchila* (slimy).

Potency : Hot.

Action : *Dīpana* (digestive stimulant).

Specific action : *Sara* (laxative), *vṛṣya* (aphrodisiac), *svarya* (promoter of voice), *rasāyana* (rejuvenating), *balya* (promoter of strength) and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *vraṇa* (ulcer), *apacī* (cervical adenitis), *medas* (adiposity), *meha* (obstinate urinary disorders including diabetes), *asra* (vitiated blood), *vātāsra* (gout), *kleda* (sticky material in excess in the body), *kuṣṭha* (obstinate skin diseases including leprosy), *āma māruta* (rheumatism), *piṇḍikā* (pimples), *granthi* (tumour or adenitis), *śopha* (oedema), *arśas* (piles), *gaṇḍa* (enlarged cervical glands) and *krimi* (parasitic infestation). It heals the fractures of bones.

Note : i) Fresh *guggulu* is *bṛṃhaṇa* (nourishing) and aphrodisiac.

ii) Old *guggulu* is exceedingly *lekhana* (depleting).

[III. 53–56]

रालानामगुणाः

राला सर्जरसो यक्षधूपः सर्जोऽग्निवल्लभः ।
क्षणकः सालनिर्यासो लाक्षा स्याल्ललनो वरः ।। 57 ।।

राला हिमा गुरुस्तिक्ता कषाया ग्राहिणी जयेत् ।
[49 R.] ग्रहाम्लस्वेदवीसर्पविषव्रणविपादिकाः ।। 58 ।।

झुणानामगुणाः

Rālā (Resinous Exudate from Vateria indica)

Syn. : *Rālā, sarja rasa, yakṣadhūpa, sarja, agnivallabha, kṣaṇaka, sālaniryāsa, lākṣā, lalana* and *vara.*

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Taste : Bitter and astringent.

Attribute : Heavy.

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cures *graha* (affliction by planets or evil spirits), vitiation of blood, *sveda* (excessive sweating), *visarpa* (erysipelas), *viṣa* (poisoning), *vraṇa* (ulcer) and *vipādikā* (cracking of the soles of the feet).

[III. 57–58]

स्थौणेयकनामगुणाः

स्थौणेयकं बर्हिचूडं[12] शुक्रवर्णं शुकच्छदम् ।
स्थौणेयं शीतलं वृष्यं मेध्यं दोषत्रयापहम् ।। 59 ।।

मयूरचूडनामगुणाः

Sthauṇeyaka (Taxus baccata)

Syn. : *Sthauṇeyaka, barhicūḍā, śukra varṇa* and *śukacchada.*

Potency : Cold.

Specific action : *Vṛṣya* ((aphrodisiac), *medhya* (promoter of intellect) and alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures vitiation of blood.

[III. 59]

चौरकनामगुणाः

चौरकः कितवश्चन्द्रो[13] दुष्पत्रः[14] शङ्कितो रिपुः ।
चौरः स्वादुर्लघुः शीतः कुष्ठवातकफापहः ।। 60 ।।

Cauraka (Trigonella corriculata)

Syn.: *Cauraka, kitava, candra, duṣpatra, śaṅkita* and *ripu.*

12. (ख) बर्हिश्चूडं 13. (क) ०चण्डो 14. (ख) दुष्पुत्रः

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Taste : Sweet.

Attribute : Light.

Potency : Cold.

Specific action : Alleviates *vāyu* and *kapha*.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and vitiation of blood.

[III. 60]

मुरानामगुणाः

मुरा गन्धवती दैत्या गन्धाढ्या सुरभिः कटुः[15] ।
मुरा शीता लघुः कुष्ठग्रहपित्तानिलास्रजित् ।। 61 ।।

मुरामांसीनामगुणाः

Murā (Selinum tenuifolium)

Syn. : *Murā, gandhavatī, daityā, gandhāḍhyā, surabhi* and *kaṭu*.

Attribute : Light.

Potency : Cold.

Specific action : Alleviates *pitta* and *vāyu*.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *graha* (affliction by planets or evil spirits) and vitiation of blood.

[III. 61]

कर्चूरनामगुणाः

कर्चूरो द्राविडो गन्धमूलको दुर्लभः शटी ।। 62 ।।

कर्चूरो दीपनो रुच्यः कुष्ठार्शोव्रणकासजित् । [49 V.]
उष्णो लघुर्जयेच्छ्वासगुल्मवातकफक्रिमीन् ।। 63 ।।

गन्धशुण्ठीनामगुणाः

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15. (ख) कुटिः

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Karcūra (Hedychium spicatum)

Syn. : *Karcūra, drāviḍa, gandha mūlaka, durlabha* and *śaṭī.*

Attribute : Light.

Potency : Hot.

Action : *Dīpana* (digestive stimulant).

Specific action : Appetiser and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *vraṇa* (ulcer), *kāsa* (cough), *śvāsa* (dyspnoea), *gulma* (phantom tumour) and *krimi* (parasitic infestation).

[III. 62-63]

शटीनामगुणाः

शटी पलाशी षड्ग्रन्था सुव्रता गन्धमूलिनी ।
शटी शीता ज्वरामास्रकासजिद् ग्राहिणी लघुः ।। 64 ।।

गन्धशुण्ठीभेदनामगुणाः

Śaṭī (A Variety of Hedychium spicatum)

Syn. : *Śaṭī, palāśī, ṣaḍgranthā, suvratā* and *gandhamūlinī.*

Attribute : Light.

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cures *jvara* (fever), *āma* (product of improper digestion and metabolism), *asra* (vitiation of blood) and *kāsa* (cough).

[III. 64]

स्पृक्कानामगुणाः

स्पृक्का स्पृग् ब्राह्मणी देवी निर्माल्या कुटिका वधूः ।
स्पृक्का स्वादुर्हिमा वृष्या कुष्ठालक्ष्मीत्रिदोषनुत् ।। 65 ।।

पिडिखनामगुणाः

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Spṛkkā (Delphinium zalil)

Syn. : *Spṛkkā, spṛk, brāhmaṇī, devī, nirmālyā, kuṭikā* and *vadhū.*

Taste : Sweet.

Potency : Cold.

Specific action : *Vṛṣyā* (aphrodisiac) and alleviator of all the three *doṣas* namely,*vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy) and *alakṣmī* (inauspiciousness).

[III. 65]

ग्रन्थिपर्णनामगुणाः

ग्रन्थिपर्णो नीलपुष्पः शुकपुष्पं शुकच्छदम्[16] ।
ग्रन्थिपर्णो लघुस्तिक्तो रुच्योष्णः कफवातजित् ।। 66 ।।

गण्ठिआनामगुणाः

Granthiparṇa (Trigonella corniculata)

Syn. : *Granthiparṇa, nīlapuṣpa, śukapuṣpa* and *śukacchada.*

Taste : Bitter.

Attribute : Light.

Potency : Hot.

Specific action : Appetiser and alleviator of *kapha* and *vāyu.*

[III. 66]

नलिकानामगुणाः

नलिका नर्त्तकी शून्या निर्मला धमनी नटी ।
नली पित्तास्रजिच्छीता चक्षुष्या कुष्ठकृच्छ्रजित् ।। 67 ।। [50 R.]

नीलिनीनामगुणाः

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16. (क) विवर्णकम्

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Nalikā

Syn. : *Nalikā, narttakī, śūnyā, nirmalā, dhamanī* and *naḷī.*

Potency : Cold.

Specifiic action : Promotes eye-sight.

Therapeutc usage : Cures *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body), *kuṣṭha* (obstinate skin diseases including leprosy) and *kṛcchra* (dysuria).

[III. 67]

पद्मनामगुणाः

पद्मकं मलयश्चारुः पीतरक्तश्च सुप्रभः ।। 68 ।।

पद्मकं दाहविस्फोटकुष्ठश्लेष्मास्रपित्तहृत् ।
गर्भसंस्थापनं शीतं तृष्णाविसर्पदाहजित् ।। 69 ।।

Padma (Nelumbo nucifera)

Syn. : *Padmaka, malaya, cāru, pīta rakta* and *suprabha.*

Potency : Cold.

Specific action : Alleviates *kapha*, and helps in conception.

Therapeutic usage : Cures *dāha* (burning syndrome), *visphoṭa* (pustular eruptions), *kuṣṭha* (obstinate skin diseases including leprosy), *asra pitta* (a disease characterised by bleeding from different parts of the body), *tṛṣṇā* (morbid thirst) and *visarpa* (erysipelas).

[III. 68–69]

प्रपुण्डरीकनामगुणाः

प्रपुण्डरीकः पौण्ड्राह्वः शतपुष्पं सुपुष्पकम् ।
पुण्ड्राह्वं शुक्लं शीतं चक्षुष्यं श्लेष्मपित्तजित् ।। 70 ।।

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Prapuṇḍarīka (A Variety of Lotus)

Syn. : *Prapuṇḍarīka, pauṇḍrāhva, śata puṣpa* and *supuṣpaka.*

Potency : Cold.

Specific action : Promotes semen and eye-sight, and alleviates *kapha* and *pitta.*

[III. 70]

तगरनामगुणाः

तगरं बर्हिणं जिह्वं वक्राह्वं नहुषं नतम् ।
अपरं पिण्डतगरं दीप्यं[17] कटु महोरगम् ।। 71 ।।

तगरं मधुरं स्निग्धं तिक्तोष्णं लघु भूतजित् ।
विषापस्मारमूर्द्धाक्षिरोगदोषत्रयापहम् ।। 72 ।। [50 V.]

Tagara (Valeriana wallichii)

Syn. : *Tagara, barhiṇa, jihva, vakrāhva, nahuṣa* and *nata.*

Variety of Tagara

Piṇḍa tagara, dīpya, kaṭu and *mahoraga.*

Taste : Sweet and bitter.

Attributes : Unctuous and light.

Potency : Hot.

Specific action : Alleviates all the three *doṣas,* namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *bhūta* (seizure by evil spirits), *viṣa* (poisoning), *apasmāra* (epilepsy) and diseases of head and eyes.

[III. 71–72]

गोरोचनानामगुणाः

गोरोचना रुचिर्गौरी रोचना पिङ्गला मता ।

17. (ख) चीनं

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मङ्गल्या गौतमी मेध्या वन्ध्या गोपित्तसम्भवा ।। 73 ।।

रोचना शीतला वश्या गर्भस्रावग्रहास्रजित् ।। 74 ।।

Gorocanā (Cow's Bile)

Syn. : *Gorocanā, ruci, gaurī, rocanā, piṅgala, maṅgalya gautamī, medhyā, vandhyā* and *gopitta–sambhavā.*

Potency : Cold.

Specific action : *Vaśyā* (which cuases others to surrender).

Therapeutic usage : Cures *garbha srāva* (miscarriage or abortion), *graha* (afflictions by evil planets) and vitiation of blood.

[III. 73–74]

नखद्वयनामगुणाः

नखाह्वो नखरः शुक्तिहनुर्नागहनुः खरः ।
शुक्तिशंखो व्याघ्रनखमन्यद्व्याघ्रतलं पदम् ।। 75 ।।

नखद्वयं ग्रहश्लेष्मवातास्रज्वरकुष्ठजित् ।
लघूष्णं शुक्रलं बल्यं हृद्यं स्वादु विषापहम् ।। 76 ।।

नखिव्याघ्रनखिनामगुणाः

Nakha (A Nail-like Sea-Product)

Syn. : *Nakhāhva, nakhara, śuktihanu, nāga hanu, khara, śukti śaṅkha* and *vyāghra nakha.*

Variety of Nakha

Vyāghra tala and *pada.*

Both Varieties

Taste : Sweet.

Attribute : Light.

Potency : Hot.

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18. (क) शिल्पिहनु०

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Specific action : Cardiac tonic, promoters of semen and strength, and alleviators of *kapha*.

Therapeutic usage : Cure *graha* (afflictions by evil planets), *vātāsra* (gout), *jvara* (fever), *kuṣṭha* (obstinate skin diseases including leprosy) and *viṣa* (poisoning).

[III. 75–76]

पतङ्गनामगुणाः

पतङ्गं पटरागं स्याद्रक्तकाष्ठं कुचन्दनम् ।
सुरङ्गकं जगत्याह्वं पत्तूरं पटरंजकम् ।। 77 ।।

[51 R.] पतङ्गं मधुरं शीतं पित्तश्लेष्मव्रणास्रजित् ।। 78 ।।

रक्तचन्दनभेदवकमनामगुणाः

Patańga (Caesalpinia sappan)

Syn. : *Patańga, paṭarāga, raktakāṣṭha, kucandana, surańgaka, jagatyāhva, pattūra* and *paṭarañjaka*.

Taste : Sweet.

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha*.

Therapeutic usage : Cures *vraṇa* (ulcer) and *asra* (vitiation of blood).

[III. 77–78]

लाक्षानामगुणाः

लाक्षा निर्भत्सनो[19] रक्ता द्रुमव्याधिः पलङ्कषा ।
कृमिजा जतु दीप्ताह्वा जावको लक्तको[20] मतः ।। 79 ।।

लाक्षा वर्ण्या हिमा बल्या स्निग्धा श्लेष्मास्रपित्तजित् ।
व्रणोरःक्षतवीसर्पकृमिकुष्ठग्रहापहा ।
अलक्तको गुणैस्तद्वद्विशेषाद्व्यङ्गनाशनः ।। 80 ।।

लाक्षा अलक्तनामगुणाः

19. (ख) निर्मत्सरो
20. (ख) लवको

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Lākṣā (Lac)

Syn. : *Lākṣā, nirbhatsana, raktā, druma vyādhi, palaṅkaṣā, kṛmija, jatu, dīptāhvā, jāvaka* and *laktaka.*

Attribute : Unctuous.

Potency : Cold.

Specific action : Promoter of complexion and strength, and alleviator of *kapha.*

Therapeutic usage : Cures *asra pitta* (a disease characterised by bleeding from different parts of the body), *vraṇa* (ulcer), *uraḥ kṣata* (phthisis), *visarpa* (erysipelas), *kṛmi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy) and *graha* (afflictions by evil planets).

Alaktaka (Preparation of Lac)

It shares the properties of *lākṣā.* Specially it cures *vyaṅga* (freckles).

[III. 79–80]

पर्पटीनामगुणाः

पर्पटी रजनी कृष्णा जतुका[21] जननी जनी ।
पर्पटी वर्णदा शीता कफपित्तास्रकुष्ठजित्[22] ॥ 81 ॥

पापडालाक्षानामगुणाः

Parpaṭī (Physalis minima)

Syn. : *Parpaṭī, rajanī, kṛṣṇā, jatukā, jananī* and *janī.*

Potency : Cold.

Specific action : Promotes complexion and alleviates *kapha.*

Therapeutic usage : Cures *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kuṣṭha* (obstinate skin diseases including leprosy).

[III. 81]

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21. (ख) जातका 22. (क) ०पित्तास्रकोपजित्

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पद्मिनीकैरविणीनामगुणाः

पद्मिनी बिसिनी ज्ञेया नलिनी सूर्यवल्लभा ।
कुमुद्वती कैरविणी कुमुदिन्युडुपप्रिया ।। 82 ।।

पद्मिनी शीतला गुर्वी पित्तश्लेष्मविषास्रजित् ।
रूक्षा विष्टम्भिनी स्वादुस्तद्वत्कुमुदिनी मता ।। 83 ।।

Padminī (Entire Plant of Lotus)

Syn. : *Padminī, bisinī, nalinī* and *sūryavallabhā.*

Taste : Sweet.

Attributes : Heavy and ununctuous.

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *viṣa* (poisoning) and *asra* (vitiation of blood).

Note : It is *viṣṭambhinī* (wind forming).

Kairaviṇī (Nymphaea alba)

Syn. : *Kumudvatī, kairviṇī, kumudinī* and *uḍupa priyā.*

Note : It shares the properties of *padminī.*

[III. 82–83]

पद्मचारिणीनामगुणाः

पद्मचारिण्यतिचरा पद्माह्वा चारटी मता ।
पद्मा हिमा लघुः श्लेष्मकृच्छ्रजित् स्तनदाहकृत् ।। 84 ।।

पद्मचारिणी

Padmacāriṇī

Syn. : *Padmacāriṇī, aticarā, padmāhvā* and *cāraṭī.*

Attribute : Light.

Potency : Cold.

Specific action : Alleviates *kapha.*

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Therapeutic usage : Cures *kṛcchra* (dysuria).

Note : It causes burning sensation in the breasts.

[III. 84]

श्वेतकमलनामानि

कमलं श्वेतमम्भोजं सारसं सरसीरुहम् ।
सहस्रपत्रं श्रीगेहं शतपत्रं कुशेशयम् ।
पङ्केरुहं तामरसं राजीवं पुष्कराह्वयम् ।। 85 ।।

अब्जमम्भोरुहं पद्मं पुण्डरीकं च पङ्कजम् ।
नलं सरोजं नलिनमरविन्दं महोत्पलम् ।। 86 ।।

श्वेतकमलनामगुणाः [52 R.]

Sveta Kamala (Nelumbo nucifera, White Variety)

Syn. : *Kamala, śveta, ambhoja, sārasa, sarasīruha, sahasrapatra, śrīgeha, śatapatra, kuśeśaya, paṅkeruha, tāmarasa, rājīva, puṣkarāhvaya, abja, ambhoruha, padma, puṇḍarīka, paṅkaja, nala, saroja, nalina, aravinda and mahotpala.*

[III. 85–86]

रक्तोत्पलनामानि

रक्तोत्पलं कोकनदं हल्लकं रक्तसन्ध्यकम्[23] ।। 87 ।।

रक्तोत्पलम्

Raktotpala (Nymphaea rubra)

Syn. : *Raktotpala, kokanada, hallaka* and *rakta sandhyaka.*

[III. 87]

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23. (क) रक्तसन्धिकम्

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नीलोत्पलनामानि

नीलोत्पलं कुवलयं भद्रमिन्दीवरं मतम् ।
एतदेव सितं किंचित्कुमुदं कैरवं कुमुद[24] ।। 88 ।।

नीलोत्पल

Nīlotpala (Monochoria hastaefolia)

Syn. : *Nīlotpala, kuvalaya, bhadra* and *indīvara.*

(Slightly White Coloured Nīlotpala)

Syn. : *Kumuda, kairava* and *kumud.*

[III. 88]

कमलादिगुणाः

कमलं शीतलं वर्ण्यं मधुरं कफपित्तजित् ।
तृषादाहास्रविस्फोटविषवीसर्पनाशनम् ।
तस्मादल्पगुणं किंचिदन्यद्रक्तोत्पलादिकम् ।। 89 ।।

कमलम्

Properties of Kamala, etc. (Kamala, Raktotpala and Nīlotpala)

Taste : Sweet.

Potency : Cold.

Specific action : Promotes complexion and alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *tṛṣā* (morbid thirst), *dāha* (burning syndrome), *asra* (vitiation of blood), *visphoṭa* (pustular eruptions), *viṣa* (poisoning) and *visarpa* (erysipelas).

Note : *Raktotpala* and *nīlotpala* share all these properties of *kamala*, but therapeutically, these are less effective.

[III. 89]

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24. (क) कुमुत

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कल्हारनामगुणाः

कल्हारं हस्वपाथोजं सौम्यं सौगंधिकं महत् ।
कल्हारं ग्राहि विष्टम्भि कोमलं गुरु शीतलम् ।। 90 ।।

कहलारनामगुणाः

Kalhāra (A Variety of Utpala)

Syn. : *Kalhāra, hrasvapāthoja, saumya, saugandhika* and *mahat.*

Attributes : Heavy and soft.

Potency : Cold.

Specific action : *Grāhi* (constipative).

Note : It is *viṣṭambhi* (wind forming).

[III. 90]

किंजल्कनामगुणाः

किंजल्कः केशरं गौरमापीतं कांचनाह्वयम् ।
किंजल्कः शीतलो ग्राही रक्तार्शःकफपित्तजित् ।। 91 ।। [52 V.]

पद्मकेशरनामगुणाः

Kiñjalka (Androcium of Padma)

Syn. : *Kiñjalka, keśara, gaura, āpīta* and *kāñcanāhvaya.*

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *raktārśas* (bleeding piles).

[III. 91]

पद्मबीजनामगुणाः

पद्मबीजं तु कालेयं[25] पद्माक्षं पद्मकर्कटी ।। 92 ।।

25. (क) गालोड़ा

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पद्मबीजं हिमं स्वादु गर्भसंस्थापनं गुरु ।
कफवातहरं बल्यं ग्राहि पित्तास्रदाहजित् ।।93 ।।

Padmabīja (Seeds of Lotus)

Syn. : *Padmabīja, kāleya, padmākṣa* and *padmakarkaṭī.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Helps in conception and alleviates *kapha* and *vāyu.* It is strength - promoting and constipative.

Therapeutic usage : Cures *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *dāha* (burning syndrome).

[III. 92–93]

मृणाल (भिस) नामगुणाः

मृणालं बिसमम्भोजनालं[26] च नलिनीरुहम् ।
पद्मादिमूलं शालूकं शालीनं करहाटकम् ।। 94 ।।

मृणालं शीतलं वृष्यं पित्तदाहास्रजिद्गुरु ।
संग्राहि मधुरं रूक्षं शालूकमपि तद्गुणम् ।। 95 ।।

मृणालशालुकनामगुणाः

Mṛṇāla (Lotus-stalk)

Syn. : *Mṛṇāla, bisa, ambhoja, nāla* and *nalinīruha.*

Taste : Sweet.

Attributes : Heavy and ununctuous.

Potency : Cold.

Specific action : *Vṛṣya* (aphrodisiac), *saṅgrāhi* (constipative) and alleviator of *pitta.*

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26. (ख) ०मम्भोज नालयं

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Therapeutic usage : Cures *dāha* (burning syndrome) and *asra* (vitiation of blood).

Padmamūla (Rhizome of Padma)

Syn. : *Śāluka, śālīna* and *karahāṭaka.*

Note : It shares the properties of *mṛṇāla.*

[III. 94 – 95]

जाती (चमेली) नामगुणाः

जाती प्रियंवदा राज्ञी मालती सुमना मता ।
पीतजात्यपरा[27] पीतपुष्पा कांचनपुष्पिका ।। 96 ।।

[53 R.] जाती लघूष्णा मूर्द्धाक्षिदन्तार्तिव्रणरक्तजित् ।। 97 ।।

जातिस्वर्णजाती

Jātī (Jasminum grandiflorum)

Syn. : *Jātī, priyaṃvadā, rājñī, mālatī* and *sumanā.*

Yellow Variety of Jātī

Syn. : *Pīta puṣpā* and *kāñcanapuṣpikā.*

Attribute : Light.

Potency : Hot.

Therapeutic usage : Cures diseaes of head, eyes and teeth, *vraṇa* (ulcer) and *rakta* (vitiation of blood).

[III. 96 – 97]

मल्लिकानामगुणाः

मल्लिका मोदिनी मुक्ता[28] बन्धना मदयन्तिका ।
मल्लिकोष्णा लघुर्वृष्या वातपित्तास्ररोगजित् ।। 98 ।।

मलीनामगुणाः

27. (ख) पीता सत्यपरा 28 (ख) मुक्तबन्धना

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Mallikā (Jasminum sambac)

Syn. : *Mallikā, modinī, muktā, bandhanā* and *madayantikā.*

Attribute : Light.

Potency : Hot.

Specific action : *Vṛṣyā* (aphrodisiac) and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures diseases caused by the vitiation of blood.

[III. 98]

यूथिका

यूथिका हरिणी बाला पुष्पगन्धा शिखण्डिनी ।
स्वर्णयूथा[29]ऽपरा पीता गणिका स्वर्णपुष्पिका ।। 99 ।।

यूथी हिमाऽम्लमूर्द्धाक्षिरोगजित्कफवातकृत्[30] ।। 100 ।।

यूथिकानामगुणाः

Yūthikā (Jasminum auriculatum)

Syn. : *Yūthikā, hariṇī, balā, puṣpagandhā, śikhaṇḍinī* and *svarṇayūthā.*

Yellow Variety of Yūthikā

Syn. : *Pītā, gaṇikā* and *svarṇa puṣpikā.*

Potency : Cold.

Therapeutic usage : Cures *asra* (vitiation of blood) and diseases of head and eyes.

Note : It aggravates *kapha* and *vāyu.*

[III. 99–100]

कुब्जकानामगुणाः

कुब्जका भद्रतरुणी बृहत्पुष्पा महासहा ।
शतपत्री तरुण्युक्ता कर्णिका चारुकेशरा ।

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29. (क) स्वर्णपुष्पा 30. (क) ०वातहृत्

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रक्ताऽपरा रक्तपुष्पा लाक्षापुष्पाऽतिमंजुला ।। 101 ।।

Kubjakā (Rosa moschata)

Syn. : *Kubjakā, bhadra taruṇī, bṛhat puṣpā, mahāsahā, śatapatrī, taruṇī, karṇikā* and *cārukeśarā.*

Red Variety of Kubjakā

Syn. : *Rakta puṣpā, lākṣā puṣpā* and *atimañjulā.*

Note : *Kubjakā* shares the properties of *śatapatrī.*

[III. 101]

शतपत्री हिमा ह्द्या ग्राहिणी शुक्रला लघुः । [53 V.]
दोषत्रयाम्रजिद्वर्ण्या कुब्जकोऽपि च तद्गुणः ।। 102 ।।

Satapatrī (Rosa centifolia)

Attribute : Light.

Potency : Cold.

Specific action : Cardiac tonic, constipative, promoter of semen and complexion as well as alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures vitiation of blood.

[III. 102]

केतकीसुवर्णकेतकीनामगुणाः

केतकी सूचिकापुष्पो जम्बूकः कर्कशच्छदः[31] ।
सुवर्णकेतकी चान्या लघुपुष्पा सुगन्धिनी ।। 103 ।।

केतकी कटुका स्वादुर्लघुस्तिक्ता कफापहा ।। 104 ।।

केतकीनामगुणाः

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31. (ख) क्रकचच्छदः

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Ketakī (Pandanus tectorius)

Syn. : *Ketakī, sūcikā puṣpa, jambūka* and *karkaśacchada.*

Suvarṇa Ketakī

Suvarṇa ketakī, laghupuṣpā and *sugandhinī.*

Taste : Pungent, sweet and bitter.

Attribute : Light.

Specific action : Alleviates *kapha.*

[III. 103–104]

वासन्तीनामगुणाः

वासन्ती सारणी कुन्दा प्रहसन्ती वसन्तजा ।
वासन्ती शीतला लघ्वी तिक्ता दोषत्रयाम्ननुत् ।। 105 ।।

नीआली

Vāsantī (A Variety of Jasminum multiflorum)

Syn. : *Vāsantī, sāraṇī, kundā, prahasantī* and *vasantajā.*

Taste : Bitter.

Attribute : Light.

Potency : Cold.

Specific action : Alleviates all the three *doṣas,* namely, *vāyu, pitta* and *kapha* as well as *asra* (vitiation of blood).

[III. 105]

नैपालीनामगुणाः

नैपाली ग्रैष्मिका लूता लापिनी[32] वनमल्लिका[33] ।
वार्षिकी त्रिपुटा त्वन्या श्रीमती षट्पदप्रिया ।। 106 ।।

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32. (क) म्लायिनी 33. (क) नवमालिका

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नैपाली शीतला तिक्ता लघ्वी दोषत्रयापहा ।
कर्णाक्षिमुखरोगघ्नी तद्गुणा वार्षिकी मता ।। 107 ।।

वननीआली

Naipālī

Syn. : *Naipālī, graiṣmikā, lūtā, lāpinī* and *vanamallikā.*

Taste : Bitter.

Attribute : Light.

Potency : Cold.

Specific action : Alleviates all the three *doṣas.*

Therapeutic usage : Cures diseases of ears, eyes and mouth.

Vārṣikī

Syn. : *Vārṣikī, tripuṭā, śrīmatī* and *ṣaṭpadapriyā.*

Note : It shares the properties of *naipālī.*

[III. 106 –107]

माधवीनामगुणाः

[54 R.] माधवी मण्डपः कामी पुष्पेन्द्रोऽभीष्टगन्धकः ।
माधवी मधुरा शीता लघुर्दोषत्रयापहा ।। 108 ।।

माध्वी

Mādhavī (Hiptage benghalensis)

Syn. : *Mādhavī, maṇḍapa, kāmī, puṣpendra* and *abhīṣṭagandhaka.*

Taste : Sweet.

Attribute : Light.

Potency : Cold.

Specific action : Alleviates all the three *doṣas.*

[III. 108]

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चम्पकनामगुणाः

चम्पकः कांचनो[34] रम्यश्चाम्पेयः सुरभिश्चलः ।
चम्पकः शीतलः कृच्छ्रकफपित्तास्रवातजित् ।। 109 ।।

चम्पक

Campaka (Michelia champaca)

Syn. : *Campaka, kāñcana, ramya, cāmpeya, surabhi* and *cala.*

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *kṛcchra* (dysuria) and *rakta vāta* (gout).

[III. 109]

पुन्नागनामगुणाः

पुन्नागः पाटलीपुष्पः केशरी षट्पदालयः ।
पुन्नागो मधुरः शीतो रक्तपित्तकफापहः ।। 110।।

पुन्नाग

Punnāga (Calophyllum inophyllum)

Syn. : *Punnāga, pāṭalī puṣpa, keśarī* and *ṣaṭpadālaya.*

Taste : Sweet.

Potency : Cold.

Specific action : Alleviates *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[III. 110]

बकुलनामगुणाः

बकुलः केशरो मध्यगन्धः सिंहो विशारदः ।। 111 ।।

34 (ख) काचरो

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बकुलः शीतलः श्लेष्मपित्तदन्तगदापहः[35] ।
तत्फलं वातलं ग्राहि कफपित्तहरं हिमम् ।। 112 ।।

Bakula (Mimusops elengi)

Syn. : *Bakula, keśara, madhyagandha, siṃha* and *viśārada.*

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures diseases of tooth.

Fruit

Potency : Cold.

Specific action : Constipative and alleviator of *kapha.*

Note : It aggravates *vāyu*

[III. 111–112]

वुष(वृद्ध)मौलसिरीनामगुणाः

वुषो[36] वुकः स्थूलपुष्पो वसुकश्शिवशेखरः[37] ।
[54 V.] वुषः[38] शीतो शिव[39]श्लेष्मपित्तकृच्छ्राश्मदाहहृत् ।। 113 ।।

वगहली

Vuṣa Maulasirī (Big Variety of Mimusops elengi)

Syn. : *Vuṣa, vuka, sthūla puṣpa, vasuka* and *śivaśekhara.*

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *kṛcchra* (dysuria), *aśma* (stone in urinary tract) and *dāha* (burning syndrome).

Note : It bestows auspiciousness.

[III. 113]

35. (ख) oदन्तमदापहः 36. (क) वुको
37. (ख) oशिवशोघकः 38. (क) वुकः 39. (ख) विश्लेष्मo

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कुन्दनामगुणाः

कुन्दः शुक्लः सदापुष्पो भृङ्गबन्धुर्मनोरमः ।
कुन्दः शीतो लघुः श्लेष्मशिरोरुग्विषपित्तजित् ।। 114 ।।

Kunda (Jasminum multiflorum)

Syn. : *Kunda, śukla, sadāpuṣpa, bhṛṅga bandhu* and *manorama.*

Attribute : Light.

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *śiroruk* (head diseases) and *viṣa* (poisoning).

[III. 114]

मुचुकुन्दनामगुणाः

मुचुकुन्दः क्षेत्रावृद्ध[40]श्चिबुकः प्रतिविष्णुकः[41] ।
मुचुकुन्दः शिरःपीडापित्तास्रविष[42]नाशनः ।। 115 ।।

Mucukunda (Pterospermum acerifolium)

Syn. : *Mucukunda, kṣetravṛddha, cibuka* and *prativiṣṇuka.*

Therapeutic usage : Cures headache, *pittāsra* (a disease characterised by bleeding from different parts of the body) and *viṣa* (poisoning).

[III. 115]

भूमण्डली(रायबेल)नामगुणाः

भूमण्डली विचच्छिन्नो[43] द्विपदाऽष्टपदी तथा ।
शीतो लघुर्विचच्छिन्नः[44] कफपित्तविषापहः ।। 116 ।।

वणमलि

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40. (क) क्षत्रवृक्ष०
41. (ख) प्रतिविप्लुषः
42. (ख) ०न्नमुखनाशनः
43. (क) विचच्किल
44. (क) ०विचच्किल

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Bhūmaṇḍalī

Syn. : *Bhūmaṇḍalī, vicacchinna, dvipadā* and *aṣṭapadī.*

Attribute : Light.

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *viṣa* (poisoning).

[III. 116]

तिलकनामगुणाः

तिलकः क्षुरकः श्रीमान् विचित्रो मुखमण्डनः ।
तिलकः कफनुत्कुष्ठहरोऽत्युष्णो रसायनः ।। 117 ।।

तिलक

Tilaka

Syn. : *Tilaka, kṣuraka, śrīmān, vicitra* and *mukhamaṇḍana.*

Potency : Exceedingly hot.

Specific action : Rejuvenating and alleviator of *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy).

[III. 117]

गणेरुक (गेंदा) नामगुणाः

गणेरुकः कर्णिकारः कर्णश्च गणकारिका ।
[55 R.] गणेरुः शोधनः शोफश्लेष्मास्रव्रणकुष्ठनुत् ।। 118 ।।

कणेरनामगुणाः

Gaṇeruka

Syn. : *Gaṇeruka, karṇikāra, karṇa* and *gaṇakārikā.*

Specific action : *Śodhana* (which helps in cleansing the ulcer) and alleviator of *kapha.*

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Therapeutic usage : Cures *śopha* (oedema), *asra* (vitiation of blood), *vraṇa* (ulcer) and *kuṣṭha* (obstinate skin diseases including leprosy).

[III. 118]

बन्धूकनामगुणाः

बन्धुजीवः शरत्पुष्पो बन्धुर्बन्धूकरक्तकौ[45] ।
बन्धूकः कफकृद् ग्राही वातपित्तहरो लघुः ।। 119 ।।

Bandhūka

Syn. : *Bandhujīva, śaratpuṣpa, bandhu, bandhūka* and *raktaka.*

Attribute : Light.

Specific action : Constipative and alleviator of *vāyu* and *pitta.*

Note : It aggravates *kapha.*

[III. 119]

जपापुष्पनामगुणाः

जपापुष्पं जपारक्तं त्रिसन्ध्या त्वरुणाऽसिता ।
जपा संग्राहिणी केश्या त्रिसन्ध्या कफपित्तजित् ।। 120 ।।

जयापुष्पनामगुणाः

Japāpuṣpa (Hibiscus rosa-sinensis)

Syn. : *Japāpuṣpa* and *japā rakta.*

Specific action : Constipative and useful for hair.

Trisandhyā

Syn. : *Trisandhyā, aruṇā* and *asitā.*

Specific action : Alleviates *kapha* and *pitta.*

[III. 120]

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45. (क) ०रक्तका

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सिन्दूरीनामगुणाः

सिन्दूरी रक्तबीजा स्याद्रक्तपुष्पा सुकोमला ।
सिन्दूरी विष[46]पित्तास्रतृष्णावान्तिहरा हिमा ।। 121 ।।

सिन्दूरी

Sindūrī

Syn. : *Sindūrī, raktabījā, raktapuṣpā* and *sukomalā.*

Potency : Cold.

Specific action : Alleviates vitaited *pitta.*

Therapeutic usage : Cures *viṣa* (poisoning), vitiation of blood, *tṛṣṇā* (morbid thirst) and *vānti* (vomiting).

[III. 121]

तुलसीनामगुणाः

तुलसी सुरसा गौरी भूतघ्नी बहुमंजरी ।
व्यक्तान्येतानि नामानि विशेषात्तु हरिप्रिया ।। 122 ।।

तुलसी कटुका तिक्ता ह्यूष्णा दाहपित्तकृत्[47] ।
दीपनी कुष्ठकृच्छ्रास्रपार्श्वरुक्कफवातजित् ।। 123 ।। [55 V.]

Tulasī (Ocimum sanctum)

Syn. : *Tulasī, surasā, gaurī, bhūtaghnī, bahumañjarī* and *haripriyā.*

Taste : Pungent and bitter.

Potency : Hot.

Action : Digestive stimulant.

Specific action : Cardiac tonic and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *kṛcchra* (dysuria), *asra* (vitiation of blood) and *pārśvaruk* (pain

46. (ख) कफपित्ता० 47. (ख) दाहपित्तजित्

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in the sides of the chest).

Note : It causes *dāha* (burning syndrome) and aggravation of *pitta*.

[III. 122–123]

मरुनामगुणाः

मरुर्मरुवकस्तीक्ष्णः खरपुत्रः[48] फणिज्जकः ।
पत्रपुष्पः स विज्ञेयः वायुनाम च कथ्यते ।। 124 ।।

मरुरग्निप्रदो ह्यस्तीक्ष्णोष्णः पित्तलो लघुः ।
वृश्चिकादिविषश्लेष्मवातकुष्ठक्रिमीन् जयेत् ।
रुधिरादिभवं शोथं नाशयेच्च प्रलेपनात् ।। 125 ।।

मरुआनामगुणाः

Maru (Ocimum basilicum)

Syn. : *Maru, maruvaka, tīkṣṇa, kharaputra, phaṇijjaka, patrapuṣpa* and *vāyu.*

Attributes : *Tīkṣṇa* (sharp) and light.

Potency : Hot.

Action : Digestive stimulant.

Specific action : Cardiac tonic and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures poisoning by scorpion stings, *kuṣṭha* (obstinate skin diseases including leprosy) and *krimi* (parasitic infestation).

By external application, it relieves *śotha* (oedema) caused by the vitiation of blood.

[III. 124 –125]

मदननामगुणाः

मदनो[49] मदको[50] दान्तो दमो मुनिसुतो मुनिः ।
गन्धोत्कटो मदनको विनीतः[51] कुलपुत्रकः ।। 126 ।।

48. (ख) खरपुष्पः
49. (क) दमनो
50. (ख) मदको
51. (ख) विनीता

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मदनो विष[52]कुष्ठास्रमेदः[53]कण्डूत्रिदोषजित् ।। 127 ।।

दयणानामगुणाः

Madana

Syn. **:** *Madana, madaka, danta, dama, munisuta, muni, gandhotkaṭa, madanaka, vinīta* and *kulaputraka.*

Specific action **:** Alleviates all the three *doṣas.*

Therapeutic usage **:** Cures *viṣa* (poisoning), *kuṣṭha* (obstinate skin diseases including leprosy), *medas* (adiposity) and *kaṇḍū* (itches).

[III. 126 –127]

वर्वरीत्रयनामगुणाः

वर्वरी वर्जकः कुण्ठो वैकुण्ठः स्यात् कुठेरकः ।
कपित्थार्जक इत्यन्यो वटपत्रः कटिंजरः ।
कृष्णार्जकः कालमालः[54] करालः कृष्णमल्लिकः ।। 128 ।।

वर्वरीत्रितयं रूक्षं शीतं कटु विदाहि च ।
पित्तलं कफवातास्रदद्रुक्रिमिविषापहम् ।। 129 ।।

कलातुलसीनामगुणाः

Three Varieties of Varvarī (Ocimum basilicum)

First Variety

Syn. **:** *Varvarī, varjaka, kuṇṭha, vaikuṇṭha* and *kutheraka.*

Second Variety

Syn. **:** *Kapitthārjaka.*

Third Variety

Syn. **:** *Vaṭapatra, kaṭiñjara, kṛṣṇārjaka, kālamāla, karāla* and *kṛṣṇamallika.*

Three Varieties of Varvarī

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52. (ख) मदनोऽक्षिकु० 53. (क) ०स्रक्लेदक० 54. (ख) कालमासः

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Taste : Pungent.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Alleviate *kapha* and *vāyu*.

Therapeutic usage : Cure vitiation of blood, *dadru* (ring- worm), *krimi* (parasitic infestation) and *viṣa* (poisoning).

Note : These are *vidāhi* (which cause burning sensation).

[III. 128–129]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र[55] ।
ग्रन्थेऽभून्मदन–विनोदनाम्नि पूर्णः
कर्पूरप्रभृतिसुगंधिद्रव्यवर्गस्तृतीयकः[56] ॥ 130 ॥

Colophon

Descriptions of the group of drugs beginning with *karpūra* or *Cinnamomum camphora* (*Karpūrādi varga*) in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the title *Kaṭāra malla* is completed.

[III. 130]

इति मदनपालनिघण्टौ सुगन्धिद्रव्यवर्गस्तृतीयः ॥ 3 ॥

Thus, ends the third group of drugs called *Sugandhi dravya* in *Madanapāla nighaṇṭu*.

55. (क) निर्मितेन

56. (ख) ० सुगन्धि द्रव्यवर्गः

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CHAPTER IV

सुवर्णादिवर्गः

(Group beginning with *suvarṇa*, etc.)

यद्भांछया विश्वकृतोऽपि देवा
ब्रह्मादयो यान्ति मुहुर्भवन्ति[1] ।
अचिन्त्यकृत्यं पुरुषं पुराणं
गोपत्वमाप्तं तमुपाश्रयामि ।। 1 ।।

Invocation

I surrender myself to the Purāṇa Puruṣa (the Eternal Consciousness; an epithet of Lord Vishnu) whose desire makes the gods like Brahmā etc., the creators of the Universe, to take birth, who performs unthinkable activities, but who took birth in this earth in the form of a cowherd.

[IV. 1]

सुवर्णनामगुणाः

सुवर्णं कांचनं हेम हाटकं तप्तकांचनम् ।
[56 V.] चामीकरं शातकुम्भं तपनीयं रुक्मकम् ।। 2 ।।

जाम्बूनदं हिरण्यं च सुरत्नं[2] जातरूपकम् ।
श्रीनिकेतं भूषणार्हं पीतकं स्वर्यमिष्यते ।। 3 ।।

सुवर्णं शीतलं वृष्यं बल्यं गुरु रसायनम् ।
कान्तिप्रदं विषोन्मादत्रिदोषज्वरशोषजित् ।
कषायं तिक्तमधुरं सुवर्णं गुरु लेखनम् ।। 4 ।।

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1. (क) ध्यानपरा भवन्ति 2. (ख) स्वरलं

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Suvarṇa (Gold)

Syn. : *Suvarṇa, kāñcana, hema, hāṭaka, taptakāñcana, cāmīkara, śātakumbha, tapanīya, rukmaka, jāmbūnada, hiraṇya, suratna, jātarūpaka, śrīniketa, bhūṣaṇārha, pītaka* and *svarya.*

Taste : Astringent, bitter and sweet.

Attributes : Heavy and *lekhana* (depleting).

Potency : Cold.

Specific action : Aphrodisiac, strength promoting, rejuvenating, promoter of complexion and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *viṣa* (poisoning), *unmāda* (insanity), *jvara* (fever) and *śoṣa* (phthisis).

[IV. 2 - 4]

रूप्यनामगुणाः

रूप्यकं रजतं रूप्यं तारं श्वेतं वसूत्तमम् ।
रूप्यं शीतं सरं वातपित्तहारि रसायनम् ।। 5 ।।

लेखनं च कषायाम्लं विपाके मधुरं[3] सरम् ।
वयसः स्थापनं स्निग्धं धातूनां हितमुच्यते ।। 6 ।।

रुपा

Rūpya (Silver)

Syn. : *Rūpyaka, rajata, rūpya, tāra, śveta* and *vasūttama.*

Taste : Astringent and sour.

Attributes : Unctuous and *lekhana* (depleting).

Potency : Cold.

Vipāka : Sweet.

Specific action : Laxative, rejuvenating and alleviator of *vāyu* and *pitta.*

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3. (ख) चापरं

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It prevents aging process and is useful for *dhātus* (tissue elements).

[IV. 5 – 6]

ताम्रनामगुणाः

ताम्रं म्लेच्छमुखं शुल्वं नैपालं रविनामकम् ।
उदुम्बरं सूर्यप्रियं रक्तजं रक्तधातुकम् ।। 7 ।।

ताम्रं सरं लघु स्वादु शीतं पित्तकफापहम् ।
[57 R.] रोपणं पाण्डुकुष्ठार्शःश्वयथुश्वासकासजित् ।। 8 ।।

Tāmra (Copper)

Syn. : *Tāmra, mlecchamukha, śulva, naipala, ravināmaka, udumbara, sūryapriya, raktaja* and *rakta dhātuka.*

Taste : Sweet.

Attribute : Light.

Potency : Cold.

Specific action : Laxative, alleviator of *pitta* and *kapha* as well as *ropaṇa* (healer of ulcers).

Therapeutic usage : Cures *pāṇdu* (anemia), *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *svayathu* (oedema), *śvāsa* (dyspnoea) and *kāsa* (cough).

[IV. 7– 8]

कांस्यनामगुणाः

कांस्यं लोहं निजं घोषं पंचलोहं प्रकाशकम् ।
कांस्यं गुरूष्णं चक्षुष्यं कफपित्तहरं सरम् ।। 9 ।।

कांस्य

Kāṃsya (Brass)

Syn. : *Kāṃsya, loha, nijaghoṣa, pancaloha* and *prakāśaka.*

Attribute : Heavy.

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Potency : Hot.

Specific action : Laxative, promoter of eye-sight and alleviator of *kapha* and *pitta*.

[IV. 9]

पीतलोहनामगुणाः

पीतलोहं सिंहलकं कपिलं सौकुमारकम् ।
वर्तलोहं त्रिलोहं च राजरीतिर्महेश्वरी ।। 10 ।।

पीतलोहं हिमं रूक्षं कटूष्णं कफपित्तनुत् ।। 11 ।।

पित्तलनामगुणाः

Pīta Loha (A Variery of Bronze)

Syn. : *Pīta loha, simhalaka, kapila, saukumāraka, vartaloha, triloha, rājarīti* and *maheśvarī*.

Taste : Pungent.

Attribute : Ununctuous.

Potency : Cold and hot

Specific action : Alleviates *kapha* and *pitta*.

[IV. 10–11]

रंगनामगुणाः

रङ्गकं तीरकं[4] वङ्गं त्रपु स्यात्करटी घनम् ।। 12 ।।

रङ्गं लघु सरं रूक्षमुष्णं मेहकफक्रिमीन् ।
निहन्ति पांडुं सश्वासं दृश्यमीषत्तु पित्तलम् ।। 13 ।।

Raṅga (Tin)

Syn. : *Raṅgaka, tiraka, vaṅga, trapu, karaṭī* and *ghana*.

4. (क) रंगं काश्मीरजं

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Attributes : Light and ununctuous.

Potency : Hot.

Specific action : Promoter of eye-sight and alleviator of *kapha*.

Therapeutic usage : Cures *meha* (obstinate urinary diseases including diabetes), *krimi* (parasitic infestation), *pāṇḍu* (anemia) and *śvāsa* (dyspnoea).

Note : It slightly aggravates *pitta*.

[IV. 12–13]

जसदनामगुणाः

जसदं रङ्गसदृशं दितिहेतुश्च तन्मतम् ।। 14 ।।

जसदं तुवरं तिक्तं शीतलं कफपित्तहृत् ।
चक्षुष्यं परमं मेहान् पाण्डुं श्वासं च नाशयेत् ।। 15 ।।

Jasada (Zinc)

Syn. : *Jasada, raṅga sadṛsa* and *ditihetu.*

Taste : Astringent and bitter.

Potency : Cold.

Specific action : Alleviator of *kapha* and *pitta* and excellent for promoting eye-sight.

Therapeutic usage : Cures *meha* (obstinate urinary diseases including diabetes), *pāndu* (anemia) and *svāsa* (dyspnoea).

[IV. 14–15]

सीसनामगुणाः

सीसं धातुमलं नागमुरगं परिपिष्टकम् । [57 V.]
जवनेष्टं च भुजगं[5] विसृष्टं कृष्णकं विदुः ।। 16 ।।

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5. (क) वरीष्टं च जंगम

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सीसं रङ्गगुणं ज्ञेयं विशेषान्मेहनाशनम् ।। 17 ।।

शीसानामगुणाः

Sīsa (Lead)

Syn. : *Sīsa, dhātumala, nāga, uraga, paripiṣṭaka, javaneṣṭa, bhujaga, visṛṣṭa* and *kṛṣṇaka.*

Note : It shares the properties of *raṅga. Sīsa* specifically cures *meha* (obstinate urinary disorders including diabetes).

[IV. 16–17]

लोहमंडूरयोर्नामगुणाः

लोहं शस्त्रमयःकुष्ठं व्यङ्गं पारावतं घनम्[6] ।
कृष्णायस्तन्मलं किट्टं मण्डूरो लोहजं रजः ।
पीवरं पाण्डुभेदेन कुष्ठं पारावतं मतम् ।। 18 ।।

लोहं सरं गुरु स्वादु कषायं कफपित्तनुत् ।
शीतं नेत्रहितं रूक्षं बल्यं[7] वातलमुत्तमम्[8] ।। 19 ।।

शोफकुष्ठप्रमेहार्शोगरपाण्डुक्रिमीन् जयेत् ।
तत्किट्टं तद्गुणं ज्ञेयं विशेषात्पाण्डुनाशनम् ।। 20 ।।

लोहनामगुणाः

Loha (Iron)

Syn. : *Loha, śastra, ayas, kuṣṭha, vyaṅga, pārāvata* and *ghana.*

Taste : Sweet and astringent.

Attributes : Heavy and ununctuous.

Potency : Cold.

Specific action : Laxative, useful for eye-sight, strength promoting and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *śopha* (oedema), *kuṣṭha* (obstinate skin

6. (क) घनम् 7. (क) बलदं 8. (क) पित्तलमुत्तमम्

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diseases including leprosy), *prameha* (obstinate urinary disorders including diabetes), *arśas* (piles), *gara* (artificial poisoning), *pāṇḍu* (anemia) and *krimi* (parasitic infestation).

Note : i) It aggravates *vāyu* in excess.

ii) It is of two types, viz., *pīvara* and *pauṇḍra;* the former is called *kuṣṭha* and the latter is *pārāvata.*

Maṇḍūra (Rust of Iron)

Syn. : *Kṛṣṇāyas, lohamala, kiṭṭa, maṇḍūra and lohaja raja.*

Note : *Maṇḍūra* shares all the properties of *loha* (iron). Specially, it cures *pāṇḍu* (anemia).

[IV. 18 – 20]

पारदनामगुणाः

पारदश्चपलो हेमनिधिः सूतो रसोत्तमः ।
[58 R.] त्रिनेत्रो रोषणः स्वामी हरबीजं रसः प्रभुः ।
रसेन्द्रश्चेति विख्यातो रसलोहो महारसः ॥ 21 ॥

पारदः कृमिकुष्ठघ्नश्चक्षुष्योष्णो रसायनः ॥ 22 ॥

पारानामगुणाः

Pārada (Mercury)

Syn. : *Pārada, capala, hemanidhi, sūta, rasottama, trinetra, roṣaṇa, svāmī, harabīja, rasa, prabhu, rasendra, rasaloha* and *mahārasa.*

Potency : Hot.

Specific action : Rejuvenating and promoter of eye-sight.

Therapeutic usage : Cures *kṛmi* (parasitic infestation) and *kuṣṭha* (obstinate skin diseases including leprosy).

[IV. 21 – 22]

अभ्रकनामगुणाः

अभ्रकं स्वच्छमाकाशं पटलं वरपीतकम् ।
अभ्रं गुरु हिमं बल्यं कुष्ठमेहत्रिदोषनुत ॥ 23 ॥

अभ्रनामगुणाः

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गगनं कृमिकुष्ठमेहहृद् विशदं शुक्रकरं च दीपनम् ।
कथितं मुनिभिश्च पूर्वजैर्बलकृच्छुक्रकरं च सेवितम् ।। 24 ।।

Abhraka (Mica)

Syn. : *Abhraka, svaccha, ākāśa, paṭala* and *varapītaka.*

Attributes : Heavy and *viśada* (non-slimy).

Potency : Cold.

Action : Digestive stimulant.

Specific action : Promoter of strength and *śukra* (semen) and alleviator of *tridoṣa* (*vāyu, pitta* and *kapha).*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *meha* (obstinate urinary disorders including diabetes) and *krimi* (parasitic infestation).

[IV. 23–24]

गन्धकनामगुणाः

गन्धकः सौगन्धको लेखी गन्धाश्म गन्धपीतकः[9] ।
लेलीतको बलिवसा वैगन्धो[10] गन्धको बलिः ।। 25 ।।

गन्धकः कटुकः पाके वीर्योष्णः पित्तलः सरः ।
हन्ति कुष्ठक्षयप्लीहकफवातान् रसायनम्[11] ।। 26 ।।

Gandhaka (Sulphur)

Syn. : *Gandhaka, saugandhaka, lekhī, gandhāśma, gandhapītaka, lelītaka, balivasā, vaigandha, gandhaka* and *bali.*

Potency : Hot.

Vipāka: Pungent.

Specific action : Laxative, rejuvenating and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including

9. (क) पीतगन्धकः 10. (ख) वेगन्धो 11. (ख) ०वातरसामयान्

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leprosy), *kṣaya* (consumption) and *plīhan* (splenic disorders).

Note : It aggravates *pitta*.

[IV. 25–26]

सुवर्णमाक्षिकनामगुणाः

माक्षिकं धातुमाक्षीकं ताप्यं तापीजमुच्यते ।। 27 ।।

माक्षिकं तुवरं वृष्यं स्वर्यं लघु रसायनम् ।
चक्षुष्यं कुष्ठशोफार्शोमिहबस्त्यर्तिपाण्डुताः । [58 V.]
व्यवायि कटुकं हन्ति कुष्ठोदरविषक्षयान् ।। 28 ।।

Suvarṇamākṣika (Copper Pyrite)

Syn. **:** *Mākṣika, dhātumākṣīka, tāpya* and *tāpīja*.

Taste **:** Astringent and pungent.

Attribute **:** Light.

Specific action **:** *Vṛṣya* (aphrodisiac), *rasāyana* (rejuvenating) and promoter of voice and eye-sight.

Therapeutic usage **:** Cures *kuṣṭha* (obstinate skin diseases including leprosy), *śopha* (oedema), *arśas* (piles), *meha* (obstinate urinary disorders including diabetes), diseases of *basti* (pelvic region), *pāṇḍutā* (anemia), *udara* (obstinate abdominal diseases including ascites), *viṣa* (poisoning) and *kṣaya* (consumption).

Note : It is *vyavāyi* (a substance whose digestion and metabolism take place after it has pervaded all over the body).

[IV. 27–28]

मनःशिलानामगुणाः

मनःशिला शिला गोला नैपाली कुनटी कुला ।
दिव्यौषधिर्नगमाता मनोगुप्ता मनोऽम्बिका ।। 29 ।।

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मनःशिला कृच्छ्रहरा[12] सरोष्णा लेखनी कटुः ।
तिक्ता स्निग्धा विष[13]श्वासकासभूतकफास्रजित् ।। 30 ।।

मनशिलानामगुणाः

Manaḥśilā (Realgar)

Syn. : *Manaḥśilā, śilā, golā, naipālī, kunaṭī, kulā, divyauṣadhi, nāgamātā, manoguptā* and *manombikā.*

Taste : Pungent and bitter.

Attribute : Unctuous.

Potency : Hot.

Specific action : Laxative, depleting and alleviator of *kapha.*

Therapeutic usage : Cures *kṛcchra* (dysuria), *viṣa* (poisoning), *śvāsa* (dyspnoea), *kāsa* (cough), *bhūta* (seizure by evil spirits) and *asra* (vitiation of blood).

[IV. 29–30]

हरितालनामगुणाः

हरितालमलं तालं गोदन्तं नटभूषणम्[14] ।। 31 ।।

हरितालं कटु स्निग्धं कषायोष्णं विषं जयेत् ।
कण्डूकुष्ठास्यरोगास्र[15]कफपित्तकचग्रहान् ।। 32 ।।

Haritāla (Yellow Arsenic)

Syn. : *Haritāla, ala, tāla, godanta* and *naṭabhūṣaṇa.*

Taste : Pungent and astringent.

Attribute : Unctuous.

Potency : Hot.

Specific action : Alleviates *kapha* and *pitta.*

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12. (क) गुरुर्वरा
13. (क) पंचश्वासका० 14. (क) नटमण्डनम् 15. (ख) स्यरोगांश्च कफपित्त०

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Therapeutic usage : Cures *viṣa* (poisoning), *kaṇḍū* (itching), *kuṣṭha* (obstinate skin diseases including leprosy), *āsya roga* (diseases of the mouth), *asra* (vitiation of blood), *kāca* (diseases of hair) and *graha* (affliction by the evil planets).

[IV. 31–32]

गैरिकनामगुणाः

गैरिकं रक्तपाषाणं गिरिमृद् गजगन्धकम्[16] ।
स्वर्णवर्णं परं स्वर्णमण्डलं स्वर्णगैरिकम् ।। 33 ।। [59 R.]

गैरिकं दाहपित्तास्रकफहिक्काविषापहम् ।
चक्षुष्यमन्यत्तद्वच्च विशेषाद्वान्तिनाशनम् ।। 34 ।।

गेरुहलदिआगेरुनामगुणाः

Gairika (Red Ochre)

Syn. : *Gairika, rakta pāṣāṇa, girimṛd* and *gajagandhaka.*

Specific action : Alleviates *pitta* and *kapha,* and promotes eye-sight.

Therapeutic usage : Cures *dāha* (burning syndrome), *asra* (vitiation of blood), *hikkā* (hiccup) and *viṣa* (poisoning).

Svarṇa Gairika

Syn. : *Svarṇa varṇa, svarṇa maṇḍala* and *svarṇa gairika.*

Note : It shares all the properties of *gairika.* Specially, it cures *vānti* (vomiting).

[IV. 33–34]

तुत्थ (नीलाथोथा)नामगुणाः

तुत्थं कर्पूरिकातुत्थममृतासङ्गमुच्यते ।
मयूरग्रीवकं चान्यच्छिखिकण्ठं च तुत्थकम् ।। 35 ।।

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16. (ख) गिरिमृच्च गवेधुकम्

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तुत्थकं लेखनं भेदि कण्डूकुष्ठविषापहम् ।
कफक्रिमिहरं तद्वदन्यच्च क्षुष्यमुत्तमम् ।। 36 ।।

मयूरगिरिजानामगुणाः

Tuttha (Copper Sulphate)

Syn. : *Tuttha, karpūrikā tuttha* and *amṛtā saṅga.*

Attribute : *Lekhana* (depleting).

Specific action : *Bhedi* (purgative) and alleviator of *kapha.*

Therapeutic usage : Cures *kaṇḍū* (itching), *kuṣṭha* (obstinate skin diseases including leprosy), *viṣa* (poisoning) and *krimi* (parasitic infestation).

Mayūragrīvaka (A Variety of Tuttha)

Syn. : *Śikhikaṇṭha* and *tutthaka.*

Note : It shares all the properties of *tuttha.* Specially, it is an excellent to promote eye-sight.

[IV. 35–36]

कासीसनामगुणाः

कासीसं धातुकासीसं खेचरं तप्तलोमशम् ।
अपरं पुष्पकासीसं तुवरं वस्त्ररागधृत् ।। 37 ।।

कासीसद्वयमम्लोष्णं तिक्तं केश्यं दृशो हितम् ।
हन्ति कण्डूविषश्वित्रमूत्रकृच्छ्रकफानिलान् ।। 38 ।। [59 V.]

Kāsīsa (Iron Sulphate)

Syn. : *Kāsīsa, dhātukāsīsa, khecara* and*tapta lomaśa.*

Puṣpa Kāsīsa

Puṣpakāsīsa, tuvara and*vastra-rāgadhṛk.*

Taste : Sour and bitter.

Potency : Hot.

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Specific action : Promoters of good hair and eye-sight as well as alleviators of *kapha* and *vāyu*.

Therapeutic usage : Cure *kaṇḍū* (itching), *viṣa* (poisoning), *śvitra* (leucoderma) and *mūtrakṛcchra* (dysuria).

[IV. 37–38]

हिंगुलनामगुणाः

हिंगुलं दरदं म्लेच्छं सैकतं चूर्णपारदम् ।
मणिरङ्गं सुरङ्गं च नामीकर्मा वरं धनम् ।। 39 ।।

हिंगुलं पित्तकफनुच्चक्षुष्यं विषकुष्ठनुत् ।। 40 ।।

Hiṅgula (Cinnabar)

Syn.: *Hiṅgula, darada, mleccha, saikata, cūrṇapārada, maṇiraṅga, suraṅga, nāmīkarmā, vara* and *dhana*.

Specific action : Alleviates *kapha* and *pitta* and promotes eye-sight.

Therapeutic usage : Cures *viṣa* ((poisoning) and *kuṣṭha* (obstinate skin diseases including leprosy).

[IV. 39 – 40]

सिन्दूरनामगुणाः

सिन्दूरं नागजं रक्तं श्रीमच्छृङ्गारभूषणम् ।
वसन्तमण्डनं नागरक्तं रक्तरजस्तथा ।। 41 ।।

सिन्दूरमुष्णं वीसर्पकुष्ठकण्डूविषापहम् ।
भग्नसन्धानजननं व्रणशोधनरोपणम् ।। 42 ।।

Sindūra (Red Oxide of Lead)

Syn.: *Sindūra, nāgaja, rakta, śrīmat, śṛṅgāra bhūṣaṇa, vasanta maṇḍana, nāga rakta* and *rakta raja*.

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Potency : Hot.

Therapeutic usage : Cures *visarpa* (erysipelas), *kuṣṭha* (obstinate skin diseases including leprosy), *kaṇḍū* (itching) and *viṣa* (poisoning).

It helps in the healing of fractures of bones and also cleanses and heals the ulcers.

[IV. 41– 42]

सौवीरनामगुणाः

सौवीरमंजनं कृष्णं कालनीलं[17] सुवीरजम् ।
स्रोतोंऽजनं तु स्रोतोजं नदीजं यामुनं वरम् ।। 43 ।।

सौवीरं ग्राहि मधुरं चक्षुष्यं कफवातजित् ।
सिध्मक्षयास्रनुच्छीतं स्रोतोंऽजनमपीदृशम् ।। 44 ।।

सौवीरस्रोतांजन

Sauvīra (Lead Sulphide)

Syn. : *Sauvīra, añjana, kṛṣṇa, kālanīla* and *suvīraja.*

Taste : Sweet.

Potency : Cold.

Specific action : Constipative, promoter of eye-sight and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *sidhma* (a type of leucoderma), *kṣaya* (consumption) and *asra* (vitiation of blood).

Srotoñjana (A Type of Galena)

Syn.: *Srotoñjana, srotoja, nadīja, yāmuna* and *vara.*

Note : It shares the properties of *sauvīra.*

[IV. 43 – 44]

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17. (क) कालं नीलं

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रसांजननामगुणाः

[60 R.] रसांजनं रसोद्भूतं तार्क्ष्यं शैलं च तार्क्ष्यजम् ।
रसाग्र्यं कृत्रिमं तार्क्ष्यं दार्व्यं दार्वीरसोद्भवम् ॥ 45 ॥

रसांजनं कटु श्लेष्ममुखनेत्रविकारजित् ।
उष्णं रसायनं तिक्तं छेदनं व्रणदोषजित् ॥ 46 ॥

Rasāñjana (Solid-extract of Berberis aristata)

Syn. : *Rasāñjana, rasodbhūta, tārkṣya, śaila, tārkṣyaja, rasāgrya, kṛtrima, dārvya* and *dārvīrasodbhava.*

Taste : Pungent and bitter.

Potency : Hot.

Specific action : Rejuvenating, *chedana* (which takes away tissues by cutting) and alleviator of *kapha.*

Therapeutic usage : Cures diseases of mouth and eyes, and *vraṇa doṣa* (ulceration).

[IV. 45-46]

पुष्पांजननामगुणाः

पुष्पांजनं पुष्पकेतुं रीतिजं[18] कुसुमांजनम् ।
पुष्पांजनं क्षारमुष्णं काचामपाटल्लापहम् ॥ 47 ॥

Puṣpāñjana (Zinc Oxide)

Syn. : *Puṣpāñjana, puṣpaketu, rîtija* and *kusumāṅjana.*

Potency : Hot.

Therapeutic usage : Cures *kāca* (hair diseases), *āma* (product of improper digestion and metabolism) and *pāṭala* (a type of eye-disease)

Note : It is *kṣāra* (alkaline).

[IV. 47]

18. (क) रंजितं

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शिलाजतुनामगुणाः

शिलाजतूष्णजं शैलनिर्यासो गिरिशाह्वयम् ।
शिलाह्वं गिरिजं शैलं शैलेयं गिरिजत्वपि ।। 48 ।।

शिलाजतूष्णं कटुकं योगवाहि रसायनम् ।
छर्दि प्रमेहवातार्शःकुष्ठास्योदरपाण्डुताः ।
हन्ति श्वासक्षयोन्मादरक्तशोफकफक्रिमीन् ।। 49 ।।

Śilājatu (Mineral Pitch)

Syn. : *Śilājatu, uṣṇaja, śailaniryāsa, giriśāhvaya, śilāhva, girija, śaila, śaileya* and *girijatu.*

Taste : Pungent.

Potency : Hot.

Specific action : Rejuvenating, *yogavāhi* (which enhances the properties of other drugs) and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *chardi* (vomiting), *prameha* (obstinate urinary disorders including diabetes), *arśas* (piles), *kuṣṭha* (obstinate skin diseases including leprosy), mouth diseases, *udara* (obstinate abdominal diseases including ascites), *pāṇḍutā* (anemia), *śvāsa* (dyspnoea), *kṣaya* (consumption), *unmāda* (insanity), *rakta* (vitiation of blood), *śopha* (oedema) and *krimi* (parasitic infestation).

[IV. 48 – 49]

बोलनामगुणाः

[60 V.] बोलं गन्धकरं[19] पौरं[20] निर्लोहं बर्बरं चलम्[21] ।
सुगन्धि नालिका पिण्डं[22] रसगन्धं च तद्विदुः[23] ।। 50 ।।

बोलं रक्तहरं शीतं मेध्यं दीपनपाचनम् ।
कटुकं मधुरं तिक्तं ग्रहस्वेदत्रिदोषनुत् ।
ज्वरापस्मारकुष्ठघ्नं गर्भाशयविशोधनम् ।। 51 ।।

19. (ख) गन्धरसं 20. (ख) वीरं 21. (क) वरम्
22. (क) पाण्डु 23. (ख) तद्विद्विधा

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Bola (Commiphora myrrha)

Syn. : *Bola, gandhakara, paura, nirloha, barbara, cala, sugandhi, nālikā, piṇḍa* and *rasagandha.*

Taste : Pungent, sweet and bitter.

Potency : Cold.

Action : Digestive stimulant and carminatve.

Specific action : Promoter of intellect and alleviator of all the three *doṣas*, namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures bleeding, *graha* (afflictions by evil planets), *sveda* (excessive sweating), *jvara* (fever), *apasmāra* (epilepsy) and *kuṣṭha* (obstinate skin diseases including leprosy). It cleans uterus.

[IV. 50 – 51]

स्फटिकानामगुणाः

स्फटिकाख्या मृता बाष्पी कांक्षा[24] सौराष्ट्रसम्भवा ।
आडकी तुवरा त्वन्या मृत्तिका सुरमृत्तिका ।। 52 ।।

स्फटिकाख्या कषायोष्णा कफपित्तविषव्रणान् ।
निहन्ति श्वित्रवीसर्पास्तुवरी तद्गुणा मता ।। 53 ।।

Sphaṭikā (Alum)

Syn. : *Sphaṭikākhyā, mṛtā, bāṣpī, kānkṣā* and *saurāṣṭra sambhavā.*

Taste : Astringent.

Potency : Hot.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *viṣa* (poisoning), *vraṇa* (ulcer), *śvitra* (leucoderma) and *visarpa* (erysipelas).

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24. (ख) कक्षी

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Tuvarī (A Variety of Alum)

Syn. : *Āḍakī, tuvarā, mṛttikā* and *suramṛttikā.*

Note : It shares the properties of *sphaṭikā.*

[IV. 52 – 53]

समुद्रफेननामगुणाः

समुद्रफेनो डिण्डीरः[25] फेनो वारिकफो द्विजः ।
समुद्रफेनश्चक्षुष्यो लेखनः शीतलः[26] सरः ॥ 54 ॥ [61 R.]

Samudraphena (Bone of Cuttle-fish)

Syn. : *Samudra phena, ḍiṇḍīra, phena, vārikapha* and *dvija.*

Attribute : *Lekhana* (depleting).

Potency : Cold.

Specific action : Laxative and promoter of eye-sight.

[IV. 54]

प्रवालनामगुणाः

प्रवालं विद्रुमं सिन्धुर्लताग्रं[27] रक्तवर्णकम् ।
पुष्टिदं कान्तिदं बल्यं वर्द्धनं बलशुक्रयोः ॥ 55 ॥

प्रवाल

Pravāla (Coral)

Syn. : *Pravāla, vidruma, sindhu, latāgra* and *raktavarṇaka.*

Specific action : Promotes nourishment, complexion, strength and semen.

[IV. 55]

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25. (क) हिण्डीरः 26. (ख) शमनः 27. (क) सिन्धुलताग्रं

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मौक्तिकनामगुणाः

मौक्तिकं तौलिकं[28] मुक्ताफलं मुक्ता च शुक्तिजम् ।
मौक्तिकं मधुरं शीतं रोगघ्नं विषनाशनम् ।। 56 ।।

मुक्ता

Mauktika (Pearl)

Syn. : *Mauktika, taulika, muktāphala, muktā* and *śuktija.*

Taste : Sweet.

Potency : Cold.

Therapeutic usage : Cures *viṣa* (poisoning) and different types of diseases.

[IV. 56]

माणिक्यनामानि

माणिक्यं पद्मरागं स्याद्वसु रत्नं सुरत्नकम् ।। 57 ।।

पद्मराग

Māṇikya (Ruby)

Syn. : *Māṇikya, padmarāga, vasu, ratna* and *suratnaka.*

[IV. 57]

सूर्यकांतमणिनामानि

सूर्यकान्तः सूर्यमणिः सूर्याक्षो दहनोपलः ।। 58 ।।

सूर्यकान्त

Sūryakāntamaṇi (Sun Stone)

Syn. : *Sūryakänta, sūryamaṇi, sūryākṣa* and*dahanopala.*

[IV. 58]

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28. (ख) तौतिला

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चन्द्रकान्तमणिनामानि

चन्द्रकान्तश्चन्द्रमणिः स्फटिकः स्फटिकोपलः ।। 59 ।।

चन्द्रकान्त

Candrakāntamaṇi (Moon Stone)

Syn : *Candrakānta*, *candramaṇi*, *sphaṭika* and *sphaṭikopala*.

[IV. 59]

गोमेदनामानि

गोमेदं सुन्दरं पीतरत्नं[29] तृणचरं तथा ।। 60 ।।

गोमेद

Gomeda (Cinnamon Stone)

Syn. : *Gomeda*, *sundara*, *pītaratna* and *tṛṇacara*.

[IV. 60]

हीरकनामानि

हीरकं भिदुरं वज्रं सूचीवक्त्रं वरार्धकम्[30] ।। 61 ।।

हीरा

Hīraka (Diamond)

Syn. : *Hīraka*, *bhidura*, *vajra*, *sūcīvaktra* and *varārdhaka*.

[IV. 61]

नीलवैडूर्ययोर्नामानि

नीलरक्तं नीलमणिर्वैडूर्यं बालवायजम्[31] ।। 62 ।।

नीलवैडूर्यमणि

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29. (ख) पीतं रत्नं 30. (क) वरारकम् 31. (क) बालवायकम्

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Nīla (Sapphire)

Syn. : *Nīlarakta* and *nīlamaṇi.*

[IV. 62]

Vaiḍūrya (Cat's Eye)

Syn: Vaiḍūrya and *bālavāyaja.*

मरकतमणिनामानि

गारुत्मतं मारकतं दृषद्गर्भं हरिन्मणिः ।। 63।।

मरकतमणि

Marakatamaṇi (Emerald)

Syn. : *Gārutmata, mārakata, dṛṣadgarbha* and *harinmaṇi.*

[IV. 63]

मुक्तास्फोटनामानि

[61 V.] मुक्तास्फोटोऽब्धिमंडूकी शुक्तिर्मौक्तिकमन्दिरम् ।। 64 ।।

मुक्तासामुका

Muktāsphoṭa (Mother of Pearl)

Syn. : *Muktāsphoṭa, abdhimaṇḍūkī, śukti* and *mauktika mandira.*

[IV. 64]

मुक्तिकान्तिनामानि

कटुकान्तिर्मुक्तिकान्तिर्दीपनी वह्निनाशिनी ।। 65 ।।

Muktikānti (A Type of Shell)

Syn. : *Kaṭukānti, muktikānti, dīpanī* and *vahninā́sinī.*

[IV. 65]

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प्रवालादिगुणाः

प्रवालमुक्तिमाणिक्यसूर्यशीतकरोपलाः ।
गोमेदवज्रवैडूर्यनीलगारुत्मतादयः ।। 66 ।।

चक्षुष्याः लेखनाः शीताः कषाया मधुराः सराः ।
मांगल्या धारणाद्दाहदुष्टग्रहविषापहाः ।। 67 ।।

प्रवालादयः

Properties of

Pravāla, Muktā, Māṇikya, Sūryamaṇi, Śītakaropala (Candrakāntamaṇi), Gomeda, Vajra, Vaiḍūrya, Nīla, Gārutmat, etc.

Taste : Astringent and Sweet.

Attribute : *Lekhana* (depleting).

Potency : Cold.

Specific action : Laxative and promoter of eye-sight and auspiciousness.

Therapeutic usage : By wearing, they cure *dāha* (burning sensation), *duṣṭa graha* (afflictions by evil planets) and *viṣa* (poisoning).

[IV. 66–67]

शंखनामगुणाः

शंखः कम्बुर्जलधरो वारिजो दीर्घनिःस्वनः ।। 68 ।।

शंखो हि कटुकः पाके कषायो मधुरो लघुः ।
चक्षुष्यो लेखनः पक्तिशूलपित्तविनाशनः ।
शंखो नेत्रहितः शीतो लघुः पित्तकफास्रजित् ।। 69 ।।

Śaṅkha (Conch-shell)

Syn. : *Śaṅkha, kambu, jaladhara, vārija* and *dīrgha niḥsvana.*

Taste : Astringent and sweet.

Attribute : Light

Potency : Cold.

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Vipāka : Pungent.

Specific action : Depleting,promoter of eye-sight and alleviator of *pitta* and *kapha*.

Therapeutic usage : Cures *paktiśūla* (colic pain which appears during the process of digestion of food) and *asra* (vitiation of blood).

[IV. 68-69]

लघुशंखकपर्दनामगुणाः

शंखो लघुः शंखनकः शम्बुका वारिशुक्तयः ।
कपर्दाः क्षुल्लका ज्ञेयाश्चराचर[32]वराटकाः ।। 70 ।।

लघुशंखादयः शीता नेत्ररुक्स्फोटनाशनाः ।। 71 ।। [62 R.]

लघुशंखकउड्डिनामगुणा

Laghu Śaṅkha (Conch Shell of Small Size)

Syn. : *Śaṅkha, laghu śaṅkhanaka, śambukā* and *vāriśukti.*

Kaparda (Cowri Shell)

Syn. : *Kaparda, kṣullaka, carācara and varāṭika.*

Potency : Cold.

Therapeutic usage : Cure *netra ruk* (pain in eyes) and *sphoṭa* (pustular eruptions).

[IV. 70 – 71]

खटीगौडग्रावनामगुणाः

खटी कपोलः[33] खटिनी श्वेता नाडीतरंगकः ।
तद्भेदो गौडपाषाणः क्षीरपाक उदाहृतः ।। 72 ।।

खटी दाहाम्लनुच्छीता गौडग्रावापि तद्गुणः ।। 73 ।।

खटी

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32. (ख) oचरमराटकाः 33. (क) मकोलः

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Khaṭī (Chalk)

Syn. : *Khaṭī, kapola, khaṭinī, śvetā,* and *nādītaraṅgaka.*

Potency : Cold.

Therapeutic usage : Cures *dāha* (burning syndrome) and *asra* (vitiation of blood).

Gauḍagrāva (A Type of Clay)

Syn. : *Gauḍapāṣāṇa* and *kṣīrapāka.*

Note : It shares the properties of *khaṭī.* [IV. 72–73]

पंकवालुकनामगुणाः

पंकः कर्दमको ज्ञेयो वालुका सिकता तथा ।। 74 ।।

पंको दाहास्रपित्तार्तिशोथघ्नः शीतलः सरः ।
वालुका लेखनी शीता व्रणौरःक्षतनाशिनी ।। 75 ।।

कर्दमवालुकानामगुणाः

Paṅka (Mud)

Syn. : *Paṅka* and *kardamaka.*

Potency : Cold.

Specific action : Laxative and alleviator of *pitta.*

Therapeutic usage : Cures *dāha* (burning syndrome), *asra* (vitiation of blood) and *śotha* (oedema).

Vālukā (Sand)

Syn. :*Vālukā* and *sikatā.*

Attribute : Depleting.

Potency : Cold.

Therapeutic usage : Cures *vraṇa* (ulcer) and *uraḥ kṣata* (phthisis).

[IV. 74 –75]

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चुम्बकपाषाणनामगुणाः

चुम्बकः कान्तपाषाणोऽयस्कान्तो लोहकर्षकः ।
चुम्बको लेखनः शीतो मेदोविषगरापहः ।। 76 ।।

Cumbaka Pāṣāṇa (Magnet Stone)

Syn. : *Cumbaka, kāntapāṣāṇa, ayaskānta* and *loka karṣaka.*

Attribute : Depleting.

Potency : Cold.

Therapeutic usage : Cures *medas* (adiposity), *viṣa* (poisoning) and *gara* (artificial poisoning).

[IV. 76]

काचनामगुणः

काचः कृत्रिमरत्नं स्याद्विगुणः[34] काचभाजनम्[35] । [62 V.]
काचो विदारणो व्रण्यश्चक्षुष्यो लेखनो लघुः ।। 77 ।।

Kāca (Glass)

Syn. : *Kāca, kṛtrima ratna, viguṇa* and *kācabhājana.*

Attributes : Light and depleting.

Specific action : *Vidāraṇa* (which causes perforation) and promoter of eye-sight.

Therapeutic usage : Cures ulcer.

[IV. 77]

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34. (क) स्यात् पंगलः 35. (क) ०भावनम्

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यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्ण–
श्चित्रो[36]यं ललितपदैः सुवर्णवर्गः[37] ॥ 78 ॥

Colophon

Description of the group of drugs beginning with *suvarṇa* (gold) in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the title *Kaṭāra malla* is completed.

[IV. 78]

इति मदनपालनिघण्टौ सुवर्णादिवर्गश्चतुर्थः ॥ 4 ॥

Thus, ends the fourth group of drugs called *Suvarṇādi varga* in *Madana-pāla nighaṇṭu.*

36. (क) ०वर्गोऽयं
37. (क) सुवर्णकादिः

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CHAPTER V
वटादिवर्गः

(Group beginning with *vaṭa* etc.)

करेण संगृह्य कुचौ महिष्याः पयः पिबन्तं पुरुषं पुराणम् ।
विचित्रलीलं परिशुद्धशीलं तमालनीलं शिशुमाश्रयामि ।। 1 ।।

Invocation

I surrender myself to the young Krishna, the Purāṇa Puruṣa (Eternal consciousness) with blue complexion like *tamāla*, who while taking hold the breasts of the queen (His mother) suckled milk, who performed astonishing sports and who exhibited pure conduct.

[V. 1]

वटनामगुणाः

वटो रक्तफलः[1] क्षीरी बहुपादो वनस्पतिः ।
यक्षावासः पदारोही न्यग्रोधः स्कन्धजो ध्रुवः ।। 2 ।।

वटः शीतो गुरुर्ग्राही कफपित्तव्रणापहः ।। 3 ।। [63 R.]

वटगुण

Vaṭa (Ficus bengalensis)

Syn. : *Vaṭa, rakta phala, kṣīrī, bahupāda, vanaspati, yakṣāvāsa, padārohī, nyagrodha, skandhaja* and *dhruva.*

Attribute : Heavy.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *vraṇa* (ulcer).

[V. 2–3]

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1. (ख) रक्तपदा

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पिप्पलनामगुणाः

पिप्पलः श्यामलोऽश्वत्थः क्षीरवृक्षो गजाशनः ।
हरिवासश्चलदलो मंगल्यो बोधिपादपः ।। 4 ।।

पिप्पलो दुर्जयः शीतः पित्तश्लेष्मव्रणास्रजित् ।। 5 ।।

पिप्पल

Pippala (Ficus religiosa)

Syn. : *Pippala, śyāmala, aśvattha, kṣīravṛkṣa, gajāśana, harivāsa, caladala, maṅgalya* and *bodhipādapa.*
Potency : Cold.
Specific action : Alleviates *pitta* and *kapha.*
Therapeutic usage : Cures *vraṇa* (ulcer) and *asra* (vitiation of blood). It destroys the sorrows of a person.

[V. 4 –5]

पारिशाश्वत्थनामगुणाः

पारिशोऽन्यः फलीशः[2] स्यात्कपिभूतः[3] कपीतनः ।
पारिशाश्वत्थको वृष्यः स्निग्धः श्लेष्मकृमिप्रदः ।। 6 ।।

आम्बड़ानामगुणाः

Pāriśāśvatthaka (Ficus arnottiana)

Syn. : *Pāriśa, phalīśa, kapibhūta* and *kapītana.*
Attribute : Unctuous.
Specific action : *Vṛṣya* (aphrodisiac).
Note : i) It aggravates *kapha.*
ii) It causes *krimi* (parasitic infestation).

[V. 6]

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2. (क) पारिशो सफली स
3. (ख) कपिनूतः

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उदुम्बरनामगुणाः

उदुम्बरः क्षीरवृक्षो जन्तुवृक्षः सदाफलः ।
हेमदुग्धः कृमिफलो यज्ञाङ्गः शीतवल्कलः ।। 7 ।।

उदुम्बरो हिमो व्रण्यः कफपित्तास्रजिद् गुरुः ।। 8 ।।

उदुम्बर

Udumbara (Ficus racemosa)

Syn. **:** *Udumbara, kṣīra vṛkṣa, jantu vṛkṣa, sadāphala, hema dugdha, kṛmiphala, yajñāṅga* and *śīta valkala.*
Attribute **:** Heavy.
Potency **:** Cold.
Specific action **:** Alleviates *kapha* and *pitta.*
Therapeutic usage **:** Cures ulcer and vitiation of blood.

[V. 7-8]

काकोदुम्बरिकानामगुणाः

काकोदुम्बरिका फल्गुर्मलपु[4]श्चित्राभेषजम् ।
काकोदुम्बरिका तद्वद्विशेषाच्छ्वित्र[5]नाशिनी ।। 9 ।। [63 V.]

काक उदुम्बर

Kākodumbarikā (Ficus hispida)

Syn. **:** *Kākodumbarikā, phalgu, malapu* and *citrabheṣaja.*
Note : It shares all the properties of *udumbara.* Specifically, it cures *śvitra* (leucoderma).

[V. 9]

प्लक्षनामगुणाः

प्लक्षः प्लवश्चारुवृक्षः सुपार्श्वो गर्भभाण्डकः[6] ।
वटी कमण्डलुर्यूपः[7] पिप्परिश्चारुदर्शनः ।। 10 ।।

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4. (ख) फल्गुर्मलायु०
5. (ख) तद्वद्विशेषाच्छिन्ननाο
6. (क) पर्वभाण्डकः
7. (क) कमण्डलुर्यूगः

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प्लक्षः शीतो व्रणश्लेष्मपित्तशोथविसर्पजित् ।। 11 ।।

Plakṣa (Ficus lacor)

Syn. : *Plakṣa, plava, cāru vṛkṣa, supārśva, garbhabhāṇḍaka, vaṭī, kamaṇḍalu, yūpa, pippari* and *cārudarśana.*

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *vraṇa* (ulcer), *sotha* (oedema) and *visarpa* (erysipelas).

[V. 10–11]

पंचक्षीरवृक्षनामगुणाः

न्यग्रोधोदुम्बरोऽश्वत्थः पारिशः प्लक्षपादपः ।
पंचैते क्षीरिणः प्रोक्तास्तेषां त्वक् पंचवल्कला ।। 12 ।।

त्वक्पंचकं हिमं ग्राहि व्रणशोथविसर्पजित् ।
केचित्तु पारिशस्थाने शिरीषं वेतसं परे ।। 13 ।।

क्षीरवृक्षा हिमा व्रण्या योनिदोषव्रणापहाः ।
शोफपित्तकफास्रघ्नाः स्तन्या भग्नास्थियोगदाः ।। 14 ।।

तेषां पत्रं हिमं ग्राहि कफवातास्रनुल्लघु ।
फलं विष्टम्भि संग्राहि रक्तपित्तकफापहम् ।। 15 ।। [64 R.]

पंचक्षीरवृक्षाः

Pañca Kṣīra Vṛkṣa (Group of Five Milky-Plants)

Nyagrodha, udumbara, aśvattha, pāriśa and *plakṣa* – these five trees are called *kṣīri vṛkṣas* (trees having milky-latex). Barks of these five trees taken together are called *pañca valkala.*

Some physicians use *śirīṣa* and some others use *vetasa* in the place of *pāriśa.*

Potency : Cold.

Specific action : Promote healing of ulcers and lactaion, and alleviate

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kapha and *pitta.*

Therapeutic usage : Cure *yoni doṣa* (ailments of the female genital tract), *vraṇa* (ulcer) and *asra* (vitiation of blood).

They help in the union of fractured bones.

Barks

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cure *vraṇa* (ulcer), *śotha* (oedema) and *visarpa* (erysipelas).

Leaves

Attribute : Light.

Potency : Cold.

Specific action : Constipative and alleviators of vitiated *kapha*, *vāyu* and blood.

Fruits

Specific action : Constipative and alleviators of *kapha.*

Therapeutic usage : Cure *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : They are *viṣṭambhi* (which cause wind formation in the abdomen).

[V. 12 –15]

नन्दीवृक्षनामगुणाः

नन्दीवृक्षोऽश्वत्थभेदः प्ररोही गजपादपः ।
नन्दीवृक्षोऽश्वत्थगुणो लघूष्णो गरनुत्पुनः ॥ 16 ॥

नन्दीवृक्ष

Nandīvṛkṣa (Cedrela toona)

Syn : *Nandīvṛkṣa, aśvattha bheda, prarohī* and *gajapādapa.*

Attribute : Light.

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Potency : Hot.

Therapeutic usage : Cures *gara* (artificial poisoning).

Note : It shares the properties of *aśvattha*.

[V. 16]

कदम्बनामगुणाः

कदम्बो गन्धवत्पुष्पः प्रावृषेण्यो मनोन्नतिः ।
अन्यो धूलिकदम्बः स्यान्नीपो राजकदम्बकः ।। 17 ।।

कदम्बः शीतलः श्लेष्मपित्तरक्तगदापहः ।। 18 ।।

Kadamba (Anthocephalus cadamba)

Syn. : *Kadamba, gandhavatpuṣpa, prāvṛṣeṇya* and *manonnati.*

(Variety of Kadamba)

Dhūlikadamba, nīpa and *rāja kadamba.*

Potency : Cold.

Specific action: Alleviates *kapha, pitta* and vitiated blood.

[V. 17–18]

ककुभार्जुननामगुणाः

ककुभोऽर्जुननामा स्यान्नदो[8] मंजुः[9] सुरद्रुमः[10] ।
ककुभः शीतलो भग्नक्षतक्षयविषास्रजित्[11] ।। 19 ।।

अर्जुनवृक्षनामगुणाः

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8. (क) o नदी
9. (क) सर्जु
10. (ख) शठद्रुमः
11. (क) oक्षयविनाशनः

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Kakubhārjuna (Terminalia arjuna)

Syn. : *Kakubha, arjunanāmā, nada, mañju* and *suradruma.*

Potency : Cold.

Therapeutic usage : Cures *bhagna* (fracture), *kṣata kṣaya* (phthisis), *viṣa* (poisoning) and *asra* (vitiation of blood).

[V. 19]

शिरीषनामगुणाः

शिरीषः प्लवगो विप्रः शुकवृक्षः कपीतनः ।
मृदुपुष्पः श्यामवर्णो भण्डीरः शङ्खिनीफलः ।। 20 ।।

शिरीषः शीतलो वर्ण्यो[12] विषवीसर्पशोथजित् ।। 21 ।।

शिरीष

Śirīṣa (Albizzia lebbeck)

Syn.: *Śirīṣa, plavaga, vipra, śukavṛkṣa, kapītana, mṛdupuṣpa, śyāma varṇa, bhaṇḍīra* and *śaṅkhinī phala.*

Potency : Cold.
Specific action : Cures *viṣa* (poisoning), *visarpa* (erysipelas) and *śotha* (oedema).

[V. 20-21]

आर्तगलनामगुणाः

[64 V.] आर्गटः स्यादार्त्तगलो बहुकण्टः प्रधर्षणः ।
आर्गटस्तुवरः शीतो व्रणशोथनरोपणः ।। 22 ।।

अग्रटनामगुणाः

Ārtagala (Acanthus ilicifolius)

Syn.: *Ārgaṭa, ārttagala, bahu kaṇṭa* and *pradharṣaṇa.*

Taste : Astringent.

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12. (क) व्रण्यो

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Potency : Cold.

Therapeutic usage : It cleanses and heals the ulcers.

[V . 22]

वेतसनामानि

वेतसो वंजुलो नम्रो वानीरो दीर्घपत्रकः ।
नादेयो मध्यपुष्पो[13]ऽन्यस्तोयकामो निकुंजकः ।। 23 ।।

वेतस

जलवेतसनामानि

जलौकासम्भृतोऽम्भोजो निचुलो जलवेतसः ।। 24 ।।

जलवेतस

इज्जलनामानि

इज्जलो हिज्जलो गुच्छफलः स्यात्कच्छपोलिका ।। 25 ।।

हिज्जलनाम

वेतसादिगुणाः

वेतसः शीतलो दाहशोफार्शोयोनिरुग्व्रणान् ।
हन्ति वीसर्पकृच्छ्रास्रपित्ताश्मरिकफानिलान् ।। 26 ।।

जलजो वेतसः शीतः संग्राही वातकोपनः । [65 R.]
इज्जलस्तद्गुणः प्रोक्तो विशेषाद्विषनाशनः ।। 27 ।।

वेतसादिनामगुणाः

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13. (क) मेघपुष्पो

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Vetasa (Salix caprea)

Syn. : *Vetasa, vañjula, namra, vānīra, dīrghapatraka, nādeya, madhya puṣpa, toyakāma* and *nikuñjaka.*

Potency : Cold.

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *dāha* (burning syndrome), *śopha* (oedema), *arśas* (piles), *yoniruk* (ailments of female genital tract), *vraṇa* (ulcer), *visarpa* (erysipelas), *kṛcchra* (dysuria), *asrapitta* (a disease characterised by bleeding from different parts of the body) and *aśmari* (stone in urinary tract).

Jalavetasa (Salix tetrasperma)

Syn. : *Jalaukāsambhṛta, ambhoja, nicula* and *jalavetasa.*

Potency : Cold.

Specific action: Constipative.

Note : It aggravates *vāyu.*

Ijjala (Barringtonia racemosa)

Syn. : *Ijjala, hijjala, gucchaphala* and *kacchapolikā.*

Note : It shares the properties of *jalavetasa.* Specially, it cures *viṣa* (poisoning).

[V. 23–27]

श्लेष्मान्तक(लिसोडा)नामगुणाः

श्लेष्मान्तकः[14] कर्बुदारः पिच्छली भूतपादपः ।
शेलुः शैलुश्च शैलूकः शैलिको द्विजकुत्सकः[15] ।। 28 ।।

श्लेष्मान्तको विषस्फोटव्रणवीसर्पकुष्ठजित् ।
केश्योष्णस्तत्फलं वृष्यं वातपित्तक्षयास्रजित् ।। 29 ।।

बुहालुनामगुणाः

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14. (ख) श्लेष्मातकः
15. (क) द्विजभूषितः

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Śleṣmāntaka (Cordia myxa)

Syn. : *Śleṣmāntaka, karbudāra, picchalī, bhūta pādapa, śelu, śailu, śailūka, śailika* and *dvijakutsaka.*

Potency : Hot.

Specific action : *Keśya* (promoter of hair).

Therapeutic usage : Cures *viṣa* (poisoning), *sphoṭa* (pustular eruptions), *vraṇa* (ulcer), *visarpa* (erysipelas) and *kuṣṭha* (obstinate skin diseases including leprosy).

Fruit

Specific action :*Vṛṣya* (promoter of virility) and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *kṣaya* (consumption) and *asra* (vitiation of blood).

[V. 28 - 29]

पीलुनामगुणाः

पीलुः शत[16]सहस्रांशी तीक्ष्णस्तु करभप्रियः ।
सहस्राङ्गी गुडफलस्तत्फलं पीलु पीलुजम् ।। 30 ।।

पीलूष्णं दीपनं भेदि रक्तपित्तकरं लघु ।
गुल्मार्शःप्लीहवाताश्मकफहारि रसायनम् ।। 31 ।।

Pīlu (Salvadora oleoides)

Syn. : *Pīlu, śatasahasrāṃśī, īkṣṇa, karabhapriya, sahasrāṅgī* and *guḍaphala.*

(Its Fruit)

Syn. : *Pīlu* and *pīluja.*

Attribute : Light.

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16. (क) शीतसह०

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Action: *Dīpana* (digestive stimulant).

Specific action: *Bhedi* (purgative), *rasāyana* (rejuvenating) and alleviator of *vāyu* and *kapha*.

Therapeutic usage: Cures *gulma* (phantom tumour), *arśas* (piles), *plīhan* (splenic disorders) and *aśma* (stone in urinary tract).

Note : It causes *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[V. 30–31]

शाकनामगुणाः

[65 V.] शाकः खरच्छदो भूमिरुहो[17] दीर्घच्छदो मतः ।
शाकः श्लेष्मानिलाम्रघ्नो गर्भसन्धानदो हिमः ।। 32 ।।

सागोनशाकः

Śāka (Tectona grandis)

Syn. : *Śāka, kharacchada, bhūmiruha* and *dīrghacchada.*

Potency : Cold.

Specific action: Alleviates *kapha, vāyu* and vitiation of blood; and helps in conception.

[V. 32]

शालनामगुणाः

शालः सर्जरसः सर्जः श्रीकृष्णारिश्च[18] पत्राकः ।
शालो ग्राही व्रणश्लेष्मदग्धरुग्विषनुद्धिमः ।।33 ।।

शालवृक्षनामगुणाः

Śāla (Shorea robusta)

Syn. : *Śāla, sarja rasa, sarja, śrīkṛṣṇāri* and *patraka.*

Potency : Cold.

17. (ख) भूमिसहो
18. (क) श्रीमान्नाराच

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Specific action : Constipative and alleviator of *kapha*.

Therapeutic usage : Cures *vraṇa* (ulcer), *dagdha* (burns) and *viṣa* (poisoning).

[V. 33]

तमालनामगुणाः

तमाल उक्तस्तापिच्छः कालस्कन्धो असितद्रुमः[19] ।
तमालस्तद्गुणः शोष[20]दाहविस्फोटहृत्पुनः ।। 34 ।।

Tamāla (Garcinia xanthochymus)

Syn. : *Tamāla, tāpiccha, kālaskandha* and *asita druma*.

Note : It shares the properties of *śāla*. Specially cures *śoṣa* (consumption), *dāha* (burning sensation) and *visphoṭa* (pustular eruptions).

[V. 34]

खदिरनामगुणाः

खदिरो रक्तसारः स्याद्गायत्री बालपत्रकः ।
खदिरः श्वेतसारोऽन्यः कार्मुकः कुब्जकण्टकः ।। 35 ।।

खदिरः शीतलो दन्त्यः कृमिमेहज्वरव्रणान् ।
श्वित्रशोथामपित्तास्रकण्डु[21]कुष्ठकफान् जयेत् ।। 36 ।।

[66 R.] निर्यासस्तस्य मधुरो बल्यः शुक्रविवर्द्धनः ।
सारस्तु विशदो बल्यो मुखरोगकफास्रजित् ।। 37 ।।

खैरनामगुणाः

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19. (ख) मितद्रुमः
20. (ख) शोथदाह०
21. (ख) ०पित्तास्रपाण्डुकु०

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Khadira (Acacia catechu)

Syn. : Khadira, raktasāra, gāyatrī and *bālapatraka.*

Variety of Khadira

Khadira, śveta sāra, kārmuka and *kubja kaṇṭaka.*

Potency : Cold.

Specific action: Useful for teeth and alleviator of *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *meha* (obstinate urinary disorders including diabetes), *jvara* (fever), *vraṇa* (ulcer), *śvitra* (leucoderma), *śotha* (oedema), *āma* (product of improper digestion and metabolism), *pittāsra* (a disease charactersied by bleeding from different parts of the body), *kaṇḍu* (itching) and *kuṣṭha* (obstinate skin diseases including leprosy).

Exudate of Khadira

Taste : Sweet.

Specific action : Promotes strength and *śukra* (semen).

Sāra (Extract)

Attribute : *Viśada* (non-slimy).

Specific action : Strength promoting and alleviator of *kapha.*

Therapeutic usage : Cures *mukha roga* (mouth diseases) and *asra* (vitiation of blood).

[V. 35 -37]

अरिमेदनामगुणाः

अरिमेदो विट्खदिरो गोधास्कन्धोऽरिमेदकः ।। 38 ।।

अरिमेदः कषायोष्णो मुखदन्तगदान्नुत् ।
तथा कण्डूविषश्लेष्मक्रिमिकुष्ठव्रणान् जयेत् ।। 39 ।।

विट्खैरनामगुणाः

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Arimeda (Acacia farnesiana)

Syn. : *Arimeda, viṭ khadira, godhā skandha* and *arimedaka.*

Taste : Astringent.

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures diseases of mouth and tooth, *asra* (vitiation of blood), *kaṇḍū* (itching), *viṣa* (poisoning), *krimi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy) and *vraṇa* (ulcer).

[V. 38 –39]

बबूलनामगुणाः

बबूलः किङ्करालः स्यात्पीतकः पीतपुष्पकः ॥ 40 ॥

बबूलः कफनुद् ग्राही कुष्ठक्रिमिविषापहः ।
रक्तपित्तं कषायेण निहन्ति दिनसप्तकैः ॥ 41 ॥

Babūla (Acacia arabica)

Syn.: *Babūla, kiṅkarāla, pītaka* and *pītapuṣpaka.*

Specific action : Constipative and alleviator of *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *krimi* (parasitic infestation) and *viṣa* (poisoning).

Note : Decoction of *babūla*, if taken for seven days, cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[V. 40–41]

बीजक(विजयसार)नामगुणाः

बीजकोऽशनकः सौरी प्रियः काम्योऽलकप्रियः ॥ 42 ॥

बीजकः कुष्ठवीसर्पश्वित्रमेहज्वरक्रिमीन् ।
हन्ति श्लेष्मास्रपित्तानि त्वच्यः केश्यो रसायनः ॥ 43 ॥

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Bījaka or Vijayasāra (Pterocarpus marsupium)

Syn. **:** *Bījaka, aśanaka, saurī, priya, kāmya* and *alakapriya.*

Specific action **:** Useful for skin and hair, rejuvenating and alleviator of *kapha* as well as *pitta.*

Therapeutic usage: Cures *kuṣṭha* (obstinate skin diseases including leprosy), *visarpa* (erysipelas), *śvitra* (leucoderma), *meha* (obstinate urinary disorders including diabetes), *jvara* (fever), *krimi* (parasitic infestation) and *asra* (vitiation of blood).

[V. 42- 43]

तिनसनामगुणाः

तिनसः स्पन्दनो नेमी सर्वसारोऽश्मगन्धकः ।
तिनसः श्लेष्मपित्तास्रमेदःकुष्ठप्रमेहनुत् ।। 44 ।।

आच्छोनामगुणाः

Tinasa (Ougeinia dalbergioides)

Syn. **:** *Tinasa, spandana, nemī, sarvasāra* and *aśmagandhaka.*

Specific action **:** Alleviates *kapha* and *pitta.*

Therapeutic usage **:** Cures vitiation of blood, *medas* (adiposity), *kuṣṭha* (obstinate skin diseases including leprosy) and *prameha* (obstinate urinary disorders including diabetes).

[V. 44]

भूर्जपत्रनामगुणाः

भूर्जो भुजो बहुपुटो मृदुत्वग्लेख्यपत्रकः ।
भूर्जो भूतग्रहश्लेष्मकर्णरुग्रक्तपित्तजित् ।। 45 ।।

Bhūrjapatra (Betula utilis)

Syn. **:** *Bhūrja, bhuja, bahupuṭa, mṛdutvak* and *lekhyapatraka.*

Specific action **:** Alleviates *kapha.*

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Therapeutic usage : Cures *bhūta* (seizure by evil spirits), *graha* (affliction by evil planets), *karṇa ruk* (ear diseases) and *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[V. 45]

पलाशनामगुणाः

पलाशः किंशुकः किर्मी याज्ञिको ब्रह्मपादपः ।
क्षीरश्रेष्ठो रक्तपुष्पस्त्रिवृतः समिदुत्तमः ।। 46 ।।

[66 V.] पलाशो दीपनो वृष्यः सरोष्णो व्रणगुल्मजित् ।
भग्नसन्धानकृद्दोषग्रहण्यर्शःक्रिमीन् हरेत् ।। 47 ।।

तत्पुष्पं कफपित्तास्रकृमिजिद्[22] ग्राहि शीतलम् ।
फलं लघूष्णं मेहार्शःकृमिवातकफापहम्[23] ।। 48 ।।

पलाश

Palāśa (Butea monosperma)

Syn. : *Palāśa, kiṃśuka, kirmī, yājñika, brahmapādapa, kṣīraśreṣṭha, rakta puṣpa, trivṛta, samit* and *uttama.*

Potency : Hot.

Action : Digestive stimulant.

Specific action : *Vṛṣya* (aphrodisiac) and *sara* (laxative).

Therapeutic Usage : Cures *vraṇa* (ulcer), *gulma* (phantom tumour), *grahaṇī* (sprue syndrome), *arśas* (piles) and *krimi* (parasitic infestation). It helps in the union of fractured bones.

Flower

Potency : Cold.

Specific action : Constipative and alleviator of *kapha.*

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22. (ख) oव्रणकृच्छ्रजिद्
23. (ख) oकृमिदुष्टकफाo

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Therapeutic usage : Cures *pittāsra* (a disease characterised by bleeding from different parts of the body) and *kṛmi* (parasitic infestation).

Fruit

Attribute: Light.

Potency: Hot.

Specific action: Alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *meha* (obstinate urinary diseases including diabetes) and *arśas* (piles).

[V. 46-48]

धवनामगुणाः

धवो नन्दितरुर्गौरः शकटाक्षो धुरन्धरः ।
धवः शीतप्रमेहास्रपाण्डुपित्तकफापहः ।। 49 ।।

Dhava (Anogeissus latifolia)

Syn. : *Dhava, nandi taru, gaura, śakaṭākṣa* and *dhurandhara.*

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *prameha* (obstinate urinary disorders including diabetes), *asra* (vitiation of blood) and *pāṇḍu* (anemia).

[V. 49]

धन्वननामगुणाः

धन्वनो गोविटपी धर्मणो गोत्रपुष्पकः ।
धन्वनः कफपित्तास्रकासजित्त्वरो लघुः ।। 50 ।।

धामणा

Dhanvana (Grewia tiliaefolia)

Syn. : *Dhanvana, gotra viṭapī, dharmaṇa* and *gotra puṣpaka.*

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Taste : Astringent.

Attribute : Light.

Specific action : Alleviates *kapha*.

Therapeutic usage : Cures *pittāsra* (a disease characterised by bleeding from different parts of the body) and *kāsa* (bronchitis).

[V. 50]

सर्जनामगुणाः

सर्जोऽजकर्णः स्वेदघ्नो लतावृक्षः कुदेहकः ।
सर्जो व्रण[24]कफस्वेदमलपित्तक्रिमीन् जयेत् ।। 51 ।।

शालवृक्षनामगुणाः

Sarja (Vateria indica)

Syn. : *Sarja, ajakarṇa, svedaghna, latāvṛkṣa* and *kudehaka*.

Specific action : Alleviates *kapha* and *pitta*.

Therapeutic usage : Cures *vraṇa* (ulcer), *sveda* (excessive sweating), *mala* (excessive excreta) and *krimi* (parasitic infestation).

[V. 51]

शाखोटनामगुणाः

[67 R.] शाखोटः स्यात्पीतफलश्छागी क्षीरविनाशनः ।
शाखोटो वातरक्तास्रकफवातातिसारजित् ।। 52 ।।

सहाडा

Śākhoṭa (Streblus asper)

Syn. : *Śākhoṭa, pīta phala, chāgī* and *kṣīra vināśana*.
Specific action : Alleviates *kapha* and *vāyu*.
Therapeutic usage : Cures *vāta rakta* (gout), *asra* (vitiation of blood) and *atisāra* (diarrhoea).

[V. 52]

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24. (ख) वर्ण्यः

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वरुणनामगुणाः

वरुणो वरणः श्वेतः[25] शाकवृक्षः कुमारकः ।। 53 ।।

वरुणः पित्तलो भेदी श्लेष्मकृच्छ्राश्मारुतान् ।
निहन्ति गुल्मवातास्रकृमिशोथान् च दीपनः ।। 54 ।।

Varuṇa (Crataeva nurvala)

Syn. : *Varuṇa, varaṇa, śveta, śāka vṛkṣa* and *kumāraka.*

Action : Digestive stimulant.

Specific action: *Bhedī* (purgative) and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *kṛcchra* (dysuria), *asra* (vitiation of blood), *gulma* (phantom tumour), *vātāsra* or *vāta rakta* (gout), *krimi* (parasitic infestation) and *śotha* (oedema).

[V. 53 - 54]

जिङ्गिणीनामगुणाः

जिङ्गणी झिङ्गिणी जिङ्गी सुनिर्यासा[26] च मोटकी ।। 55 ।।

जिङ्गणी व्रणत्वग्रोग[27]वातातीसारजित्कटुः ।
उष्णास्तस्यास्तु निर्यासो नस्याद्बाहुव्यथापहः।। 56 ।।

जिंगिणी

Jiṅgiṇī (Lannea grandis)

Syn. : *Jiṅgiṇī, jhiṅgiṇī, jiṅgī, suniryāsā* and *moṭakī.*

Taste : Pungent.

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *vraṇa* (ulcer), *tvag roga* (skin diseases) and *atisāra* (diarrhoea).

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25. (ख) सेतुः
26. (ख) मुनिर्यासा
27. (ख) व्रणत्व्द्रोग०

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Exudate or Gum-resin from Jiṅgiṇī

Potency : Hot.

Note : It cures pain in arms when administered in the form of *nasya* (inhalation therapy).

[V. 55 – 56]

शल्लकीनामगुणाः

शल्लकी वल्लकी मोची गजभक्षा महीरुहा[28] ।
गन्धवीरा कुन्दुरुकी सुस्रावा वनकर्णिका ।। 57 ।।

शल्लकी व्रणपित्तास्रश्लेष्मपित्तातिसारजित् ।। 58 ।। [67 V.]

Śallakī (Boswellia serrata)

Syn. : Śallakī, vallakī, mocī, gajabhakṣā, mahīruhā, gandhavīrā, kundurukī, susrāvā and *vanakarṇikā.*

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *vraṇa* (ulcer), *pittāsra* (a disease characterised by bleeding from different parts of the body) and *atisāra* (diarrhoea).

[V. 57 – 58]

इंगुदनामगुणाः

इंगुदो भल्लकी वृक्षकण्टकस्तापसद्रुमः ।। 59 ।।

इंगुदः कुष्ठभूतादिग्रहव्रणविषक्रिमीन् ।
हन्त्युष्णः श्वित्रशूलघ्नस्तत्फलं कफवातजित् ।। 60 ।।

इंगुदीनामगुणाः

Iṅguda (Balanites aegyptiaca)

Syn. : Iṅguda, bhallakī, vṛkṣa kaṇṭaka and *tāpasa druma.*

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28. (ख) महारुहा

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Potency : Hot.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *bhūta* (seizure by evil spirits), *ghraha* (afflictions by evil planets),*vraṇa* (ulcer), *viṣa* (poisoning), *krimi* (parasitic infestation), *śvitra* (leucoderma) and *śūla* (colic pain).

Fruit

Specific action : Alleviates *kapha* and *vāyu.*

[V. 59 – 60]

कटम्भरनामगुणाः

कटम्भरश्चारुशृंगी कटभी तृणशैण्डकः ।। 61 ।।

कटम्भरः प्रमेहास्रनाडीव्रणविषक्रिमीन् ।
हन्त्युष्णः कफकुष्ठघ्नस्तत्फलं कफशुक्रनुत्[29] ।
निर्यासोऽस्य गुरुर्वृष्यो बलकृद्व्रातनाशनः ।। 62 ।।

Kaṭambhara (Sida rhombifolia)

Syn. : *Kaṭambhara, cāruśṛṅgī, kaṭabhī* and *tṛṇaśaiṇḍaka.*

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *prameha* (obstinate urinary disorders including diabetes), *asra* (vitiation of blood), *nāḍīvraṇa* (sinus), *viṣa* (poisoning), *krimi* (parasitic infestation) and *kuṣṭha* (obstinate skin diseases including leprosy).

Fruit

Specific action : Alleviates *kapha.*

Note : It reduces *śukra* (semen).

Gum-resin

Attribute : Heavy.

29. (क) कफशुक्रकृत

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Specific action: *Vṛṣya* (aphrodisiac), strength promoting and alleviator of *vāyu.*

[V. 61 – 62]

मुष्ककनामगुणाः

मुष्को[30] मोक्षकको[31] घुण्टी शिखरी क्षुद्रपाटला ।। 63 ।।

मोक्षकः कफवातघ्नो ग्राही गुल्मविषक्रिमीन् ।
हन्त्युष्णो बस्तिरुक्कण्डूस्तत्पुष्पं कफपित्तजित्[32] ।
[68 R.] निर्यासोऽस्य परं वृष्यः शोषपित्तानिलापहः ।। 64 ।।

पाटलीनामगुणाः

Muṣka (Schrebera swietenioides)

Syn. : *Muṣka, mokṣakaka, ghuṇṭī, śikharī* and *kṣudra pāṭalā.*

Potency : Hot.

Specific action : Constipative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *gulma* (phantom tumour), *viṣa* (poisoning), *krimi* (parasitic infestation), *bastiruk* (pain in pelvic region) and *kaṇḍū* (itching).

Flower

Specific action : Alleviates *kapha* and *pitta.*

Gum-resin

Specific action: Exceedingly aphrodisiac and alleviator of *pitta* and *vāyu.*

Therapeutic usage: Cures *śoṣa* (consumption).

[V. 63 – 64]

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30. (क) पृथुको
31. (क) मोक्षको
32. (क) कफवातजित्

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पारिभद्रनामगुणाः

पारिभद्रो निम्बवृक्षो रक्तपुष्पः प्रभद्रकः ।
कण्टकी पारिजातः स्यान्मन्दारः कटिकिंशुकः ।। 65 ।।

पारिभद्रः कृमिश्लेष्ममेदःशोफानिलापहः ।। 66 ।।

पालघुआनामगुणाः

Pāribhadra (Erythrina variegata)

Syn. : *Pāribhadra, nimba vṛkṣa, raktapuṣpa, prabhadraka, kaṇṭakī, pārijāta, mandāra* and *kaṭikiṃśuka.*

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage: Cures *kṛmi* (parasitic infestation), *medas* (adiposity) and *śopha* (oedema).

[V. 65 – 66]

शाल्मलीनामगुणाः

शाल्मली तूलिनी मोचा कुक्कुटी रक्तपुष्पिका ।
कण्टकाढ्या स्थूलफला पिच्छिला चिरजीवनी ।। 67 ।।

शाल्मली शीतला वृष्या बृंहणी रक्तपित्तजित् ।
निर्यासोऽस्य परं वृष्यः शोफपित्तानिलास्रजित् ।
रसायनवरा स्निग्धा तत्पुष्पं ग्राहि पित्तजित् ।। 68 ।।

सिमोलीनामगुणाः

Śālmalī (Salmalia malabarica)

Syn. : *Śālmalī, tūlinī, mocā, kukkuṭī, rakta puṣpikā, kaṇṭakāḍhyā, sthūlaphalā, picchilā* snd *cirajīvinī.*

Potency : Cold.

Specific action : Aphrodisiac and nourishing.

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Therapeutic usage: Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Gum-resin

Attribute : Unctuous.

Specific action : An excellent aphrodisiac and rejuvenating as well as alleviator of *pitta.*

Therapeutic usage : Cures *anilāsra* or *vāta rakta* (gout) and *śopha* (oedema).

Fruit

Specific action : Constipative and alleviator of *pitta.*

[V. 67 – 68]

तुणिनामगुणाः

तुणिः कुठेर आपीतस्तनुको नन्दिपादपः ।
तुणिग्राही हिमो वृष्यो व्रणकुष्ठास्रपित्तहा ।। 69 ।।

कुराडिआनामगुणाः

Tuṇi (Cedrela toona)

Syn. : *Tuṇi, kuṭhera, āpīta, tanuka* and *nandipādapa.*

Potency : Cold.

Specific action : Constipative and aphrodisiac.

Therapeutic usage: Cures *vraṇa* (ulcer), *kuṣṭha* (obstinate skin diseases including leprosy) and *asra pitta* (a disease characterised by bleeding from different parts of the body).

[V. 69]

सप्तपर्णनामगुणाः

सप्तपर्णो गुच्छपुष्पश्छत्री शाल्मलिपत्रकः ।
सप्तपर्णो व्रणश्लेष्मवातकुष्ठहरः सरः ।। 70 ।।

छतिआनानामगुणाः

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Saptaparṇa (Alstonia scholaris)

Syn. : *Saptaparṇa, gucchapuṣpa, chatrī* and *śālmalipatraka.*

Specific action : Laxative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *vraṇa* (ulcer) and *kuṣṭha* (obstinate skin diseases including leprosy).

[V. 70]

हारिद्रकनामगुणाः

हारिद्रकः पीतवर्णः श्रीमान् गौरद्रुमो[33] वरः ।
हारिद्रकः कफहरो व्रणशोधनरोपणः ।। 71 ।।

हलदीनामगुणाः

Hāridraka

Syn. : *Hāridraka, pītavarṇa, śrīmān, gairadruma* and *vara.*

Specific action : Alleviates *kapha.*

Therapeutic usage : It cleanses and heals the ulcers.

[V. 71]

करंजनामगुणाः

करंजो नक्तमालः स्यान्नक्ताह्वो घृतवर्णकः ।
पूतिकोऽन्यः पूतिवर्णः प्रकीर्णश्चिरबिल्वकः ।। 72 ।।

करंजः कटुकस्तीक्ष्णो वीर्योष्णो योनिदोषजित् ।
कुष्ठोदावर्त्तगुल्मार्शोव्रणक्रिमिकफापहः[34] ।। 73 ।।

तत्फलं कफवातघ्नं मेहार्शःक्रिमिकुष्ठजित् ।
[69 R.] तत्पत्रं कफवातार्शःकृमिशोथहरं परम्[35] ।। 74 ।।

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33. (क) गौरद्रुमः
34. (क) ०क्रिमिविषापहः
35. (क) सरम्

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Karañja (Pongamia pinnata)

Syn. : *Karáñja, naktamāla, naktāhva* and *ghṛtavarṇaka.*

Variety of Karañja

Pūtika, pūtivarṇa, prakīrṇa and *cirabilvaka.*

Taste : Pungent.

Attribute : *Tikṣṇa* (sharp).

Potency : Hot.

Specific action : Cures *yonidoṣa* (ailments of female genital tract), *kuṣṭha* (obstinate skin diseases including leprosy), *udāvarta* (upward movement of the wind in the abdomen), *gulma* (phantom tumour), *arśas* (piles), *vraṇa* (ulcer) and *krimi* (parasitic infestation).

Fruit

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes), *arśas* (piles), *krimi* (parasitic infestation) and *kuṣṭha* (obstinate skin diseases including leprosy).

Leaf

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *arśas* (piles), *krimi* (parasitic infestation) and *śotha* (oedema).

[V. 72–74]

लताकरंजीनामगुणाः

करंजी काकतिक्ता च वायस्य[36]ऽङ्गारवल्लरी ।
करंजिकोष्णवातार्शःकृमिकुष्ठप्रमेहनुत ।। 75 ।।

करंजी

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36. (ख) वयस्याऽङ्गा०

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Latā Karañjī (Caesalpinia Crista)

Syn. : *Karañjī, kākatiktā, vāyasī* and *aṅgāravallarī.*

Potency : Hot.

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *arśas* (piles), *krimi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy) and *prameha* (obstinate urinary disorders including diabetes).

[V. 75]

तिरिगिच्छिनामगुणाः

तिरिगिच्छिर्गजकण्टः करंजी क्षीरिणी द्विपः ।
तिरिगिच्छिर्बलासार्शःक्रिमिकुष्ठप्रमेहहृत्[37] ।। 76 ।।

कंटकरंजी

Tirigicchi (A Variety of Karañja)

Syn.: *Tirigicchi, gajakaṇṭa, karañjī, kṣīriṇī* and *dvipa.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *arśas* (piles), *krimi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy) and *prameha* (obstinate urinary disorders including diabetes).

[V. 76]

शमीनामगुणाः

शमी तुङ्गा शंकुफला पवित्रा केशहृत्फला ।
लक्ष्मीः शिवान्यधिशमी[38] भूशमी शङ्कराह्वया[39] ।। 77 ।।

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37. (क) ०र्शःपित्तशोफक्रिमीन् जयेत
38. (ख) ०व्याधिमती
39. (क) शर्कराह्वया

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शमी शीता लघुः श्वास[40]कुष्ठार्शःकफहृत्सरा ।
तत्फलं पित्तलं रूक्षं मेध्यं केशविनाशनम् ।। 78 ।।

Śamī (Prosopis spicigera)

Syn. : *Śamī, tuṅga, śaṅkuphalā, pavitrā, keśahṛtphalā, lakṣmī, śivānī, adhiśamī, bhūśamī* and *śaṅkarāhvaya.*

Attribute : Light.

Potency : Cold.

Specific action : Laxative and alleviator of *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kuṣṭha* (obstinate skin diseases including leprosy) and *arśas* (piles).

Fruit

Attribute : Ununctuous.

Specific action : Promotes intellect.

Note: i) It aggravates *pitta.*

ii) It causes the fall of hair.

[V. 77–78]

टिण्ठिणीनामगुणाः

शमीषिका टिण्टिणिका दुर्बलाऽम्बुशिरीषिका ।
टिण्ठिणी कफकुष्ठार्शःसन्निपातविषापहा ।। 79 ।। [69V.]

Ṭiṇṭhiṇī (A Variety of Śamī)

Syn. : *Śamīṣikā, ṭiṇṭiṇikā, durbalā* and *ambuśirīṣikā.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including

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40. (क) स्वादु कुष्ठा०

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leprosy), *arśas* (piles), *sannipāta* (simultaneous vitiation of all the three *doṣas*) and *viṣa* (poisoning).

[V. 79]

अरिष्टकनामगुणाः

अरिष्टको गर्भपाती कुम्भवीर्यश्च फेनिलः ।
कृष्णबीजो रक्तबीजः पीतफेनोऽर्थसाधनः ।। 80 ।।

अरिष्टकस्त्रिदोषघ्न उष्णो गर्भग्रहापहः ।। 81 ।।

रीठा

Ariṣṭaka (Sapindus trifoliatus)

Syn. : *Ariṣṭaka, garbhapāti, kumbhavīrya, phenila, kṛṣṇa bīja, rakta bīja, pīta phena* and *artha sādhana.*

Potency : Hot.

Specific action : Alleviates all the three *doṣas.*

Therapeutic usage : Cures *graha* (affliction by evil planets).

Note : It causes abortion.

[V. 80 – 81]

शिंशपानामगुणाः

शिंशपा कपिला कृष्णा सारमण्डलपत्रिका ।
अन्या कुशिंशपा भस्मपिङ्गला स्याद्वसादनी ।। 82 ।।

शिंशपोष्णा हरेन्मेहान् कुष्ठश्वित्रावमिक्रिमीन् ।
बस्तिरुग्व्रणदाहास्रबलासान्गर्भपातिनी[41] ।। 83 ।।

शिशुनामगुणाः

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41. (ख) ०दाहास्रगर्भगूढनिपातिनी

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Śiṃśapā (Dalbergia sissoo)

Syn. : *Śiṃśapā, kapilā, kṛṣṇā* and *sāramaṇḍala patrikā.*

Variety of Śiṃśapā

Kuśiṃśapā, bhasma piṅgalā and *vasādanī.*

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes), *kuṣṭha* (obstinate skin diseases including leprosy), *śvitra* (leucoderma), *vami* (vomiting), *krimi* (parasitic infestation), *bastiruk* (pain in pelvic region), *vraṇa* (ulcer), *dāha* (burning syndrome) and *asra* (vitiation of blood).

Note : It causes abortion.

[V. 82 – 83]

अगस्त्यनामगुणाः

अगस्त्यो वंगसेनाह्वो मधुशिग्रुर्मुनिद्रुमः ।। 84 ।।

अगस्त्यः पित्तकफजिन्निदाघशमनो[42] हितः ।
तत्पुष्पं पीनसश्लेष्मपित्तनक्तान्ध्यनाशनम् ।। 85 ।।

अगस्तिनामगुणाः

Agastya (Sesbania grandiflora)

Syn. : *Agastya, vaṅgasenāhva, madhuśigru* and *munidruma.*

Potency : Cold.

Specific action : Alleviates *kapha-pitta.*

Therapeutic usage : Cures heat-stroke.

Flower

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42. (क) oजिच्चातुर्थिकहरो

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Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *pīnasa* (rhinitis) and *naktāndhya* (night blindness).

[V. 84–85]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्ण–
श्चित्रोऽयं ललितपदैर्वटादिवर्गः ।। 86 ।।

Colophon

Description of the group of drugs beginning with *vaṭa* (*ficus bengalensis*) in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the title *Kaṭāra malla* is completed.

[V. 86]

इति मदनपालनिघण्टौ वटादिवर्गः पंचमः ।। 5 ।।

Thus, ends the the fifth group of drugs called *Vaṭādi varga* in *Madanapāla nighaṇṭu.*

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CHAPTER VI

फलवर्गः

(Group of fruits)

श्रमोच्छलद्बर्ह्बरिकाग्रपृष्ठं मन्दस्मितं वेणुनिनादरक्तम् ।
गोपालिकानां करतालिकाभिर्नृत्यन्महस्तत्परमं स्मरामि ।। 1 ।।

Invocation

I pray the Almighty God (Lord Krishna) whose front and back portions of the body splashed along with movements, whose smiling face became red by the blowing of flute and who danced to the tune of the clappings of cowherdesses.

[VI. 1]

द्राक्षानामगुणाः

द्राक्षा मधुफला स्वाद्वी हारहूरा फलोत्तमा ।
मृद्वीका मधुयोनिश्च रसाला गोस्तनी गुडा ।। 2 ।।

द्राक्षा पक्वा सरा शीता चक्षुष्या बृंहणी गुरुः ।
[70 V.] हन्ति तृष्णाज्वरश्वासवान्तिवातास्रकामलाः ।। 3 ।। [70 V.]

कृच्छ्रास्रपित्तसम्मोहदाहशोषमदात्ययान् ।
आमा साल्पगुणा गुर्वी सैवाम्ला रक्तपित्तकृत ।। 4 ।।

निर्वीर्याऽन्या लघुद्राक्षा गोस्तनीसदृशा गुणैः ।
द्राक्षा पर्वतजा लघ्वी साम्ला[1] श्लेष्माम्लपित्तनुत्[2] ।। 5 ।।

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1. (क) सामाम्ला
2. (क) ०पित्तकृत

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Drākṣā (Vitis vinifera)

Syn. : *Drākṣā, madhuphalā, svādvī, hārahūrā, phalottamā, madhuyoni, rasālā, gostanī* and *guḍā.*

Ripe Drākṣā

Attribute : Heavy.

Potency : Cold.

Specific action : Laxative, promoter of eye-sight and nourishing.

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *jvara* (fever), *śvāsa* (dyspnoea), *vānti* (vomiting), *vātāsra* or *vāta rakta* (gout), *kāmalā* (jaundice), *kṛcchra* (dysuria), *asra pitta* (a disease characterised by bleeding from different parts of the body), *sammoha* (unconsciousness), *dāha* (burning syndrome), *śoṣa* (consumption) and *madātyaya* (alcoholism).

Unripe Drākṣā

Attribute : Heavy.

Note : It is inferior to ripe *drākṣā* in properties.

Sour Variety of Drākṣā

It causes *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Small Variety of Drākṣā

It is free from virility and like *gostanī* variety in properties.

Drākṣā Grown in Mountains

Taste : Sour.

Attribute : Light.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *amla pitta* (hyperacidity).

[VI. 2–5]

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पक्वापक्वशुष्काम्लाम्रनामगुणाः

आम्रो वनोत्सवश्चूतः[3] सहकारोऽतिसौरभः ।
माकन्दः पिकबन्धुः स्याद्रसालः कामवल्लभः ।। 6 ।।

गुच्छस्या प्रियपाण्डुश्च संश्लिष्टो मवीरास्रवः ।
तथा वसन्तदूतश्च खरपुष्पः महोत्सवः ।
मनोधिवासः सारोत्तः मंगलः मन्मथप्रियः ।। 7 ।।

आम्रो ग्राही प्रमेहार्श[4]कफपित्तव्रणान् जयेत् ।
तत्फलं बालमत्यम्लं रूक्षं दोषत्रयाम्रकृत्[5] ।। 8 ।। [71 R.]

पक्वं तु मधुरं वृष्यं स्निग्धं ह्द्यं बलप्रदम् ।
गुरु वातहरं रुच्यं वर्ण्यं शीतमपित्तलम् ।

रसस्तस्य सरः स्निग्धो रोचनो बलवर्णकृत् ।। 9 ।।

वातपित्ताम्रकृत् बालमापूर्णं पित्तवर्धनम् ।
सहकारं च वातघ्नं पित्तश्लेष्मविनाशनम् ।
कषायं मधुरं वृष्यं[6] गुरु स्निग्धं विशेषतः ।। 10 ।।

पक्वाम्रं जनयेदायुर्मांसशुक्रबलप्रदम् ।
शुष्काम्रं तु कषायाम्लं भेदनं कफवातजित् ।। 11 ।।

आम्रनामगुणाः

Ripe, Unripe, Dry and Sour Āmra (Mangifera indica)

Syn. : Āmra, vanotsava, cūta, sahakāra, atisaurabha, mākanda, pika bandhu, rasāla, kāmavallabha, gucchasyā, priya pāṇḍu, saṃślişta, mavīrāsava, vasanta dūta, kharapuṣpa, mahotsava, manodhivāsa, sārotta,

3. (ख) oआम्रश्चूतो रसालेऽसौ
4. (ख) प्रमेहाम्रक०
5. (ख) oत्रयाम्रजित्
6. (क) o प्रायो

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maṅgala and *manmathapriya.*

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *prameha* (obstinate urinary disorders including diabetes), *arśas* (piles) and *vraṇa* (ulcer).

Unripe and Immature Fruit of Āmra

Taste : Exceedingly sour.

Attribute : Ununctous.

Note : It vitiates all the three *doṣas* as well as blood.

Ripe Fruit

Taste : Sweet.

Attributes : Unctuous and heavy.

Potency : Cold.

Specific action : Aphrodisiac, cardiac tonic, strength promoting, relishing, promoter of complexion, longevity, *māṃsa* (muscle tissue) and *śukra* (semen) as well as alleviatior of *vāyu.*

Note : It does not vitiate *pitta.*

Juice

Attribute : Unctuous.

Specific action : Laxative, appetiser and promoter of strength and complexion.

Sahakāra (A Variety of Mango)

Taste : Astringent and sweet.

Attributes : Heavy and specially, unctuous.

Specific action : Aphrodisiac and alleviator of *vāyu, pitta* and *kapha.*

Dry Āmra

Taste : Astringent and sour.

Specific action : *Bhedana* (purgative) and alleviator of *kapha* and *vāyu.*

[VI. 6–11]

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जम्बूनामगुणाः

महाजम्बू राजजम्बूर्महास्कन्धा बृहत्फला ।
क्षुद्रजम्बूर्वीर[7]पत्रा मेघाभा काम[8]वल्लभा ।
नादेयी स्यात्क्षुद्रफला तत्फलं जम्बु जाम्बवम् ।। 12 ।।

जम्बूः संग्राहिणी रूक्षा कफपित्तव्रणास्रजित् ।
राजजम्बूफलं स्वादु विष्टम्भि गुरु रोचनम् ।
क्षुद्रजम्बूफलं तद्वद्विशेषाद्दाहनाशनम् ।। 13 ।। [71 V.]

जम्बुनामगुणाः

Jambū (Syzygium cumini)

Syn.: *Mahājambū, rāja jambū, mahā skandhā, bṛhat phalā, kṣudra jambū, vīrapatrā, meghābhā, kāma vallabhā, nādeyī* and *kṣudraphalā.*

The fruit of *jambū* is known as *jambu* and *jāmbava.*

Attribute : Ununctuous.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *vraṇa* (ulcer) and *asra* (vitiation of blood).

Rāja - jambū Fruit (A Variety of Jambū Having Bigger Fruits)

Taste : Sweet.

Attribute : Heavy.

Specific action : Appetiser.

Note : It is *viṣṭambhi* (which causes wind formation in the abdomen).

Fruit of Kṣudra - jambū (A Variety of Jambū Having Smaller Fruits)

It is like *rāja jambū* in its properties, specially, it cures *dāha* (burning syndrome).

[VI. 12–13]

7. (क) oजम्बूश्चारुपत्रा
8. (क) काकवल्लभा

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नारिकेलनामगुणाः

नारिकेलो तुङ्गवृक्षो[9] महावृक्षो महाफलः ।
तृणराजस्तृण[10]फलस्तृणाह्वो[11] दीर्घपत्रकः[12] ।। 14 ।।

नारिकेलफलं शीतं दुर्जरं बस्तिशोधनम् ।
विष्टम्भि बृंहणं वृष्यं[13] वातपित्ताम्रदाहजित् ।। 15 ।।

तस्याम्भः शीतलं हृद्यं दीपनं शुक्रलं लघु ।
तत्पादपशिरोमज्जा शुक्रला वातपित्तजित् ।। 16 ।।

Nārikela (Cocos nucifera)

Syn. : *Nārikela, tuṅga vṛkṣa, mahāvṛkṣa, mahāphala, tṛnarāja, tṛnaphala, tṛnāhva* and *dīrgha patraka.*

Potency : Cold.

Specific action : Aphrodisiac, nourishing, *basti śodhana* (purifier of urinary bladder) and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures vitiation of blood and *dāha* (burning syndrome).

Note: i) It is *durjara* (difficult of digestion).

ii) It is *viṣṭambhi* (which causes wind formation in abdomen).

Water of Nārikela

Attribute : Light.

Potency : Cold.

Action : *Dīpana* (digestive stimulant).

Specific action : Cardiac tonic and *śukrala* (promoter of semen).

Śiromajjā (Pith at the Top of the Tree)

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9. (ख) दृढफलो
10. (क) तृणराजस्त्वक्षफ०
11. (क) लांगलो
12. (ख) दृढबीजकः
13. (क) वल्यं

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Specific action : Promotes semen and alleviates *vāyu* and *pitta*.

[VI. 14–16]

खर्जूरिकानामगुणाः

बृहत्खर्जूरिका श्रेणी सुफला[14] द्वीपसम्भवा ।
पिण्डखर्जूरिका खर्जूर्दुष्प्रधर्षा सुकण्टका ।। 17 ।।

अन्या स्कन्धफला स्वाद्वी दुरारोहा मृदुच्छदा ।
भूमिखर्जूरिका काककर्कटी कासुकर्कटी[15] ।। 18 ।।

पिण्डखर्जूर

खर्जूरिकाफलं शीतं स्वादु स्निग्धं क्षतास्रजित् । [72 R.]
बल्यं हन्ति मरुत्पित्तमदमूर्च्छामदात्ययान् ।। 19 ।।

तस्मादल्पगुणं ज्ञेयमन्यत्खर्जूरिकाफलम् ।
तन्मज्जा मूर्द्धजः शीतो वृष्यः पित्तास्रदाहजित् ।। 20 ।।

छुहारखर्जूरी

Kharjūrikā (Phoenix sylvestris)

Syn. : *Bṛhat kharjūrikā*, *śreṇī*, *suphalā* and *dvīpa sambhavā*.

Piṇḍa Kharjūrikā

Piṇḍa kharjūrikā, *kharjū*, *duṣpradharṣā* and *sukaṇṭakā*.

Third Variety of Kharjūrikā

Skandhaphalā, *svādvī*, *durārohā* and *mṛducchadā*.

Fourth Variety of Kharjūrikā

Bhūmi kharjūrikā, *kāka karkaṭī* and *kāsu karkaṭī*.

Fruit of Kharjūrikā

Taste : Sweet.

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14. (ख) श्रेणी खर्जूरिकावृक्षः
15. (क) खर्जूकनकी काककर्कटी

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Attribute : Unctuous.

Potency : Cold.

Specific action : Promotes strength and alleviates *vāyu* and *pitta*.

Therapeutic usage : Cures *kṣata* (phthisis), *asra* (vitiation of blood), *mada* (intoxication), *mūrcchā* (fainting) and *madātyaya* (alcoholism).

Note : Fruits of other varieties of *kharjūrikā* are inferior in quality.

Mūrddhaja Majjā (Pith at the Top of the Tree)

Potency : Cold.

Specific action : Aphrodisiac and alleviator of *pitta*.

Therapeutic usage : Cures *asra* (vitiation of blood) and *dāha* (burning syndrome).

[VI. 17–20]

शिलेमानीखर्जूरनामगुणाः

शिलेमानी लोकपरा[16] मृदुला तिवरीफला[17] ।
शिलेमानी श्रमभ्रान्तिदाहमूर्च्छास्रपित्तनुत् ॥ 21 ॥

शिलेमानि

Śilemānī Kharjūra (A Variety of Kharjūra)

Syn. : *Śilemānī, lokaparā, mṛdulā* and *tivariphalā*.

Therapeutic usage : Cures *śrama* (exhaustion), *bhrānti* (giddiness), *dāha* (burning sensation), *mūrcchā* (fainting) and *asra pitta* (a condition characterised by bleeding from different parts of the body).

[VI. 21]

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16. (क) पलालोके
17. (क) निर्विजाफला

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कदलीनामगुणाः

कदली ग्रन्थिनी मोचा रम्भा वीराऽऽयतच्छदा ।
वारणा वारणबुसाऽम्बुसारांशुमती फला ।। 22 ।।

कदली योनिदोषघ्नी दाहक्षयसमीरजित्[18] ।
तत्कन्दः शीतलो बल्यः केश्यः पित्तकफास्रजित् ।। 23 ।।

तत्फलं मधुरं शीतं विष्टम्भि कफकृद् गुरु ।
स्निग्धं पित्तास्रतृड्दाहक्षतक्षयसमीरजित् ।। 24 ।।

Kadalī (Musa paradisiaca)

Syn. : *Kadalī, granthinī, mocā, rambhā, āyatacchadā, vāraṇā, vāraṇabusā, ambusāra, aṃśumati* and *phalā.*

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *yoni doṣa* (ailments of female genital tract), *dāha* (burning syndrome) and *kṣaya* (emaciation).

Kanda (Rhizome)

Potency : Cold.

Specific action : Strength promoting, *keśya* (useful for hair) and alleviator of *pitta, kapha* and vitiated blood.

Fruit

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Alleviates *pitta* and *vāyu.*

Therapeutic usage : Cures *asra* (vitiation of blood), *tṛṭ* (morbid thirst), *kṣata* (consumption) and *kṣaya* (emaciation).

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18. (ख) oदोषाश्मरक्तपित्तहरा हिमा ।

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Note : i) it is *viṣṭambhi* (which produces gas in the abdomen).

ii) It aggravates *kapha*.

[VI. 22–24]

दाडिमीनामगुणाः

दाडिमी रक्तकुसुमा दन्तबीजा शुकप्रिया ।
दाडिमं दीपनं हृद्यं रोचनं नातिपित्तलम् ।। 25 ।।

कषायानुरसं ग्राहि द्विविधा[19] स्वाद्वम्लभेदतः[20] ।
तयोः स्वादु त्रिदोषघ्नमम्लं वातबला[21]सजित् ।
[72 V.] शुष्काम्लदाडिमीसारः कुट्टितं कंफवातहृत् ।। 26 ।।

दाडिमनामगुणाः

Dāḍimī (Punica granatum)

Syn. : *Dāḍimī, rakta kusumā, dantabījā* and *śukapriyā*.

Anurasa (Subsidiary taste) : Astringent.

Action : *Dīpana* (digestive stimulant).

Specific action : *Hṛdya* (cardiac tonic), *rocana* (appetiser) and constipative.

Note : i) It does not vitiate *pitta* in excess.

ii) It is of two varieties viz., sweet and sour.

Sweet Variety

Specific action : Alleviates all the three *doṣas*.

Sour Variety

Specific action : Alleviates *vāyu* and *kapha*.

Note : Acqueous extract of the sour *dāḍima*, when taken after grinding

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19. (क) द्विधा
20. (ख) स्यम्लवेत्ववत्
21. (ख) oबलाम्लजित्

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alleviates *kapha* and *vāyu*.

[VI. 25 – 26]

कतकनामगुणाः

कतकस्य फलं नेत्र्यं जलनिर्मलकारकम् ।
वातश्लेष्महरं शीतं मधुरं तुवरं गुरु ।। 27 ।।

Kataka (Strychnos potatorum)

Fruit

Taste : Sweet and astringent.

Attribute : Heavy.

Potency : Cold.

Specific action : Promoter of eye-sight and alleviator of *vāyu* and *kapha*.

Note : It cleanses the water.

[VI. 27]

बदरीनामगुणाः

बदरी कर्कटी घोण्टा[22] गोकण्टः[23] युग्मकण्टका ।
अन्या स्निग्धच्छदा क्रोशफला सौवीरिकाऽपरा ।
हस्तिकोलिः परा त्वन्या लघ्वी कर्कन्धुकीधुके[24] ।। 28 ।।

बदरी शीतला तिक्ता रूक्षा पित्तकफापहा ।
बदरं त्वपरं लोके फेनिलं कुवलं कुहम् ।। 29 ।।

कर्कन्धु ह्रस्वबदरं वरटं कन्धु कन्धुकम् ।
पक्वमाम्रं[25] च मधुरं मतं सौवीरकं महत् ।। 30 ।।

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22. (ख) मोघा
23. (ख) कोररण्टी
24. (क) कर्कन्धुकान्दुका
25. (ख) पक्वं ताम्रं

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बदरं लघु संग्राहि रुच्यमुष्णं समीरजित् ।
कफपित्तकरं तद्वत्कोलं गुरु सरं स्मृतम् ।। 31 ।।

सौवीरं बदरं शीतं भेदनं गुरु शुक्रलम् ।
बृंहणं पित्तदाहास्रक्षततृष्णानिलापहम् ।
शुष्कं भेद्यग्निकृत्सर्वं[26] लघु तृष्णाक्लमास्रजित् ।। 32 ।।

कर्कन्धु मधुरं स्निग्धं गुरु पित्तानिलापहम् । [73 R.]
मरुत्पित्तहरा मज्जा वृष्या वीर्यबलप्रदा ।। 33 ।।

वरकोलिनामगुणाः

Badarī (Zizyphus jujuba)

Syn. : *Badarī, karkaṭī, ghoṇṭā, gokaṇṭa* and *yugma kaṇṭakā.*

Second Variety of Badarī

Snigdhacchadā and *krośaphalā.*

Third Variety

Sauvīrakā.

Fourth Variety

Hastikoli, laghvī, karkandhu and *kīdhuka.*

All Varieties of Badarī

Taste : Bitter.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Alleviats *pitta* and *kapha.*

Dry Fruit

Attribute : Light.

Action : Digestive stimulant.

Specific action : Purgative.

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26. (क) मेदाग्निहत्सर्वं

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Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *klama* (mental fatigue) and vitiation of blood.

Sauvīraka (Third Variety)

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : *Sukrala* (promoter of semen), *bṛṃhaṇa* (nourishing), *bhedana* (purgative) and alleviator of *pitta* and *vāyu.*

Therapeutic usage : Cures *dāha* (burning syndrome), *asra* (vitiation of blood), *kṣata* (phthisis) and *tṛṣnā* (morbid thirst).

Note : Both the ripe and unripe types of *sauvīraka* (bigger variety) are sweet in taste.

Badara (Fifth Variety)

Syn. : *Badara, phenila, kuvala* and *kuha.*

Attribute : Light.

Potency : Hot.

Specific action : Constipative, appetiser and alleviator of *vāyu.*

Note : It aggravates *kapha* and *pitta.*

Kola (A Variety of Badara)

Attribute : Heavy.

Specific action : Laxative.

Note : It shares other properties of *badara.*

Karkandhu (Sixth Variety)

Syn. : *Karkandhu, hrasva badara, varaṭa, kandhu* and *kandhuka.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Specific action : Alleviates *pitta* and *vāyu.*

Fruit pulp

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Specific action : ***Vṛṣya*** (aphrodisiac) and promoter of *vīrya* (virility) as well as strength.

[VI. 28–33]

क्षीरीनामगुणाः

क्षीरी क्षत्रिया राजाह्वा राजादनफलाशिनौ[27] ।
राजन्यस्तस्य भेदो[28]ऽन्योऽश्वचिबुको मुचिलिण्टकः[29] ।। 34 ।।

क्षीरवृक्षफलं शीतं स्निग्धं गुरु बलप्रदम् ।
तृष्णामूर्च्छामदभ्रान्तिक्षयदोषत्रयाम्रजित् ।। 35 ।।

क्षीरिणी

Kṣīrī (Mimusops hexandra)

Syn. : *Kṣīrī, kṣatriyā, rājāhvā, rājādana, phalāśina* and *rājanya.*

A Variety

Aśva cibuka and *mucilinṭaka.*

Fruit of Kṣirīvṛkṣa

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Strength promoting and alleviator of all the three *doṣas* viz., *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *mūrcchā* (fainting), *mada* (intoxication), *bhrānti* (giddiness), *kṣaya* (consumption) and *asra* (vitiation of blood).

[VI. 34–35]

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27. (क) ०फलाशिनः
28. (ख) राजन्यः स्तम्भनो
29. (क) मुचिलं दलः

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चारनामगुणाः

चारो धनुः पटुः शालः प्रियालो मुनिवल्लभः ।। 36 ।।

चारः पित्तकफास्रघ्नस्तत्फलं मधुरं गुरु ।
स्निग्धं सरं मरुत्पित्तदाहतृष्णाक्षतापहम् ।।
तन्मज्जा मधुरा वृष्या शुक्रला पित्तवातजित् ।। 37 ।।

चारकोलिनामगुणाः

Cāra (Buchanania lanzan)

Syn. : *Cāra, dhanu, paṭu, śāla, priyāla* and *muni vallabha.*

Specific action : Alleviates *pitta, kapha* and vitiated blood.

Fruit

Taste : Sweet.

Attributes : Heavy and unctuous.

Specific action : Laxative and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *dāha* (burning syndrome), *tṛṣṇā* (morbid thirst) and *kṣata* (consumption).

Pulp of Fruit

Tast e : Sweet.

Specific action : Aphrodisiac, promoter of semen, and alleviator of *pitta* and *vāyu.*

[VI. 36 – 37]

परूषकनामगुणाः

[73 V.] परूषको मृदुफलः परूषो रोषणः परः ।। 38 ।।

परूषकं कषायाम्लमामपित्तकरं लघु ।
पक्वं तु मधुरं पाके शीतं विष्टम्भि बृंहणम् ।
ह्रद्यं तृट्पित्तदाहास्रक्षतक्षयसमीरनुत् ।। 39 ।।

परुषकनामगुणाः

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Parūṣaka (Grewia asiatica)

Syn. : *Parūṣaka, mṛdu phala, parūṣa* and *roṣaṇa.*

Unripe Parūṣaka

Taste : Astringent and sour.

Attribute : Light.

Note : It vitiates *pitta.*

Ripe Parūṣaka

Potency : Cold.

Vipāka : Sweet.

Specific action : Nourishing, cardiac tonic and alleviator of *pitta* and *vāyu.*

Therapeutic usage : Cures *tṛṭ* (morbid thirst), *dāha* (burning syndrome), *asra* (vitiation of blood), *kṣata* (phthisis or consumption) and *kṣaya* (emaciation).

Note : It is *viṣṭambhi* (which produces wind in the abdomen).

[VI. 38–39]

तिन्दुकनामगुणाः

तिन्दुकः स्पन्दनः स्फूर्ज्यः कालसारश्च[30] रावणः ।
काकपीलुः[31] कुपीलुः स्यादपरो विषतिन्दुकः ।। 40 ।।

तिन्दुको व्रणवातघ्नस्तत्सारः पित्तरोगजित् ।
आममस्य फलं ग्राहि वातलं शीतलं लघु ।। 41 ।।
पक्वं पित्तप्रमेहास्रश्लेष्मघ्नं विशदं गुरु ।
विषतिन्दुकमप्येवं विशेषाद् ग्राहि शीतलम् ।। 42 ।।

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30. (क) कालः स्वर्यः सारश्च
31. (क) वालपीलुः

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Tinduka (Diospyros tomentosa)

Syn. : *Tinduka, spandana, sphūrjya, kālasāra, rāvaṇa, kākapīlu* and *kupīlu.*

Variety

Viṣatinduka.

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *vraṇa* (ulcer).

Pulp

Therapeutic usage : Cures diseases caused by *pitta* .

Unripe Fruit

Attribute : Light.

Potency : Cold.

Specific action : Constipative.

Note : It vitiates *vāyu.*

Ripe Fruit

Attributes : Heavy and *viśada* (non-slimy).

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *prameha* (obstinate urinary disorders including diabetes) and *asra* (vitiation of blood).

Viṣatinduka

It shares the properties of *tinduka.* Specially, it is constipative and cold in potency.

[VI. 40 – 42]

किंकिणीनामगुणाः

किंकिणी ग्रन्थिलो व्याघ्रः[32] देवदारुश्चरः क्वचित् ॥ 43 ॥

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32. (ख) किंकिणीलो व्याघ्रपादो

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किंकिणी तुवरा तिक्ता पित्तश्लेष्महरा हिमा ।
[74 R.] तत्फलं वातलं त्वामं पक्वं स्वादु त्रिदोषजित् ॥ 44 ॥

Kiṅkiṇī

Syn. : *Kiṅkiṇī*, *granthila*, *vyāghra*, *devadāru* and *cara*.

Taste : Astringent and bitter.

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha*.

Unripe Fruit

It aggravates *vāyu*.

Ripe Fruit

Taste : Sweet.

Specific action : Alleviates all the three *doṣas*, namely, *vāyu*, *pitta* and *kapha*.

[VI. 43 – 44]

आरुकनामगुणाः

आरुकं वीरसेनं तज्जातिभेदाच्चतुर्विधम् ।
आरुकं जारकं वातमेहार्शःकफनाशनम् ॥ 45 ॥

Āruka (Prunus domestica)

Syn. : *Āruka* and *vīrasena*.

It is of four varieties.

Specific action : Promotes digestion (*jāraka*), and alleviates *vāyu* and *kapha*.

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes) and *arśas* (piles).

[VI. 45]

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मधूकनामगुणाः

मधूको मधुकस्तीक्ष्णः सारश्च गुडपुष्पकः ।
गोलाफलो मधुष्ठीलो[33] मधुकोष्ठी मधुद्रुमः ।
मधुकोन्यो ह्रस्वफलो मधुरो[34] दीर्घपुष्पकः[35] ।। 46 ।।

मधुकः कफवातघ्नः कषायो व्रणरोपणः ।
तत्पुष्पं मधुरं बल्यं शीतलं गुरु बृंहणम् ।। 47 ।।

फलं शीतं गुरु स्वादु शुक्रलं वातपित्तजित् ।
अह्द्यं हन्ति तृष्णाम्रदाहश्वासक्षतक्षयान् ।। 48 ।।

महुलनामगुणाः

Madhūka (Madhuca indica)

Syn. : *Madhūka, madhuka, tīkṣṇa, sāra, guḍapuṣpaka, golāphala, madhuṣṭhīla, madhu koṣṭhī* and *madhu druma.*

Variety

Hrasvaphala, madhura and *dīrgha puṣpaka.*

Taste : Astringent.

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : It heals the ulcers.

Flower

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Strength promoting and nourishing.

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33. (ख) मधुकोष्ठो
34. (क) मध्वङ्गो
35. (क) दीर्घपत्रकः

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Fruit

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : *Śukrala* (promoter of semen) and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *asra* (vitiation of blood), *dāha* (burning syndrome), *śvāsa* (dyspnoea) and *kṣata kṣaya* (phthisis).

Note : It is harmaful for heart.

[VI. 46 – 48]

पनसनामगुणाः

[74 V.] पनसः कण्टकिफलः श्वासहा[36] गर्भकण्टकः ।
पनसं शीतलं पक्वं स्निग्धं पित्तानिलापहम् ॥ 49 ॥

बल्यं शुक्रप्रदं हन्ति रक्तपित्तक्षतक्षयान् ।
आमं तदेव विष्टम्भि वातलं तुवरं लघु ॥ 50 ॥

Panasa (Artocarpus heterophyllus)

Syn. : *Panasa, kaṇṭaki phala, śvāsahā* and *garbha kaṇṭaka.*

Ripe Fruit

Attribute : Unctuous.

Potency : Cold.

Specific action : Promotes strength and semen and alleviates *pitta* and *vāyu.*

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body), *kṣata* (consumption) and *kṣaya* (emaciation).

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36. (ग) ०फलश्चाश्मो

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Unripe Fruit

Taste : Astringent.

Attribute : Light.

Note: i) It is *viṣṭambhi* (wind forming).

ii) It vitiates *vāyu*.

[VI. 49–50]

लकुचनामगुणाः

लकुचः क्षुद्रपनसो निकुचो ग्रन्थिमत्फलः ।।51 ।।

लकुचं गुरु विष्टम्भि स्वाद्वम्लं रक्तपित्तकृत् ।
श्लेष्मकारि समीरघ्नमुष्णं शुक्राग्निनाशनम् ।। 52 ।।

लकुच

Lakuca (Artocarpus lakoocha)

Syn. : *Lakuca, kṣudra panasa, nikuca* and *granthimat phala.*

Taste : Sweet and sour.

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviates *vāyu.*

Note : i) It is *viṣṭambhi* (wind forming).

ii) It aggravates *kapha.*

iii) It causes *rakta pitta* (a condition characterised by bleeding from different parts of the body).

iv) It reduces *śukra* (semen) and *agni* (power of digestion).

[VI. 51–52]

तालनामगुणाः

तालो ध्वजो दुरारोहस्तृणराजो महाद्रुमः ।। 53 ।।

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तालः शीतो मरुत्पित्तव्रणजिन्मदशुक्रकृत् ।
तत्फलं शीतलं बल्यं स्निग्धं स्वादुरसं गुरु ।। 54 ।।

विष्टम्भि वातपित्तास्रक्षतदाहक्षया[37]पहम् ।
बीजं मूत्राकरं वृष्यं वातपित्तहरं हिमम् ।। 55 ।।

ताल

Tāla (Borassus flabellifer)

Syn. : *Tāla, dhvaja, durāroha, tṛṇa rāja* and *mahā druma.*

Potency : Cold.

Specific action : Produces *śukra* (semen) and alleviates *vāyu* and *kapha.*

Therapeutic usage : Cures *vraṇa* (ulcer).

Note : It causes *mada* (intoxication).

Fruit

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Strength promoting and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *asra* (vitiation of blood), *kṣata* (consumption), *dāha* (burning syndrome) and *kṣaya* (emaciation).

Note : It is *viṣṭambhi* (wind forming).

Seed

Potency : Cold.

Specific action : *Vṛṣya* (aphrodisiac), diuretic and alleviator of *vāyu* and *pitta.*

[VI. 53 – 55]

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37. (ख) oदाहक्षतापहम्

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खर्बूजनामगुणाः

खर्बूजं फलराजः स्यादमृताह्वं दशांगुलम् ।। 56 ।।

[75 R.] खर्बूजं मूत्रलं कोष्ठशुद्धिकरं गुरु ।
स्निग्धं स्वादुकरं शीतं वृष्यं पित्तानिलापहम् ।। 57 ।।

तेषु यच्च्याम्लमधुरं सक्षारं च रसाद्भवेत् ।
रक्तपित्तकरं तत्तु मूत्रकृच्छ्रकरं परम् ।। 58 ।।

खरभुजानामगुणाः

Kharbūja (Cucumis melo)

Syn. : *Kharbūja, phalarāja, amṛtāhva* and *daśāṅgula.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : *Balya* (strength promoting), *vṛṣya* (aphrodisiac), *mūtrala* (diuretic), laxative and alleviator of *pitta* and *vāyu.*

Note : A variety of *kharbūja* which contains sour and sweet tastes and which has alkaline causes *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *mūtra kṛcchra* (dysuria).

[VI. 56 – 58]

सेवनामगुणाः

मुष्टिप्रमाणं बदरं सेवं सिम्बितकाफलम्[38] ।
फलं च सितिकापूर्वं वातपित्तहरं गुरु ।
[39]**अफलं चैव गुणकृत् विशेषात्तुवरं हिमम् ।। 59 ।।**

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38. (ख) सीवफलं तथा
39. प्रमादपूर्णोऽयं पाठः प्रतीयते ।

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हिमं स्यन्दनकं स्निग्धं मूत्रलं स्वादु शीतलम् ।
त्वग्दाहान्तर्दाहिं च हृत्कम्पान् पित्तसम्भवान् ।। 60 ।।

हरेत्तत्संचितमलं ज्वरघ्नं तु विषापहम् ।
बृंहणं कफकृद् वृष्यं स्वादुपाकरसं हिमम् ।। 61 ।।

Seva (Malus sylvestris)

Syn. : *Muṣṭipramāṇa, badara, seva* and *simbitakā phala.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Vipāka : Sweet.

Specific action : Nourishing, aphrodisiac, diuretic and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *tvag dāha* (burning sensation in the skin), *antardāha* (internal burning sensation), *hṛt kampa* (trembling of heart) caused by vitiated *pitta,* accumulated excreta, *jvara* (fever) and *viṣa* (poisoning).

Note : i) It vitiates *kapha.*

ii) It is *syandana* (which causes exudation).

[VI. 59–61]

अमृतफलनासपातीनामगुणाः

अन्यदम्भःफलं भिन्नं महत्तिंचितिकाफलम् ।। 62 ।।

अमृतं गुरु वातघ्नं स्वाद्वम्लं रुचिशुक्रकृत् ।
अपरं सेवगुणकृद्विशेषात्तुवरं हिमम् ।। 63 ।।

अमृताख्वं रुचिफलं[40] लघुबिल्वफलाकृतिः[41] ।

40. (क) लघुफलं
41. (ख) लघुबिल्वं फलाकृतिः

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अमृतं गुरु वातघ्नं स्वाद्वम्लं रुचिशुक्रकृत् ॥ 64 ॥

अमृतफलम्

Amṛtaphala – Nāsapāti (Pyrus communis)

Syn. : *Ambhaḥ phala.*

Taste : Sweet and sour.

Attribute : Heavy.

Specific action : Produces appetite and semen, and alleviates *vāyu.*

Second Variety

Syn. : *Mahat sñcitikā phala.*

Taste : Astringent.

Potency : Cold.

Note : It shares the properties of *seva.*

Third Variety

Syn. : *Amṛtāhva, ruciphala* and *laghu bilvaphalākṛti.*

Taste : Sweet and sour.

Attribute : Heavy.

Specific action : Produces appetite and semen and alleviates *vāyu.*

[VI. 62–64]

पेरुक(अमरूद)नामगुणाः

पेरुकं तुवरं प्रोक्तं स्वाद्वम्लं कफकारकम् ।
शुक्रलं वातपित्तघ्नं शीतलं च रसं मतम् ॥ 65 ॥

Peruka–Amarūda (Psidium guajava)

Taste : Astringent, sweet and sour.

Potency : Cold.

Specific action : Promotes semen and alleviates *vāyu* and *pitta.*

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Note : It vitiates *kapha*.

[VI. 65]

बादामनामगुणाः

बादामं सुफलं वातवैरि नेत्रोपमं मतम् ।
बादाममुष्णं सुस्निग्धं वातघ्नं बल[42]शुक्रकृत् ।। 66 ।।

बादाम

Bādāma (Prunus amygdalus)

***Syn.* :** *Bādāma, suphala, vātavairi* and *netropama.*

***Attribute* :** Unctuous.

***Potency* :** Hot.

***Specific action* :** Promotes strength and semen, and alleviates *vāyu.*

[VI. 66]

पिस्तनामगुणाः

निकोचकं चारु[43]फलमङ्कोटं गलकोजकम्[44] ।
पिस्तं मुकुलकं ज्ञेयं दन्तीफलसमाकृति ।। 67 ।।

निकोचकं गुरु स्निग्धं वृष्योष्णं स्वादु बृंहणम् ।
रक्तप्रसादनं बल्यं वातघ्नं कफपित्तकृत्[45] । [75 V.]
तद्बन्मुकुलं ज्ञेयं विशेषाद्गुरु दुर्जरम् ।। 68 ।।

निकोचनामगुणाः

Nikocaka (Pinus gerardiana)

***Syn.* :** *Nikocaka, cāruphala, aṅkoṭa* and *galakoja.*

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42. (क) गुरुशुक्रकृत्
43. (क) दारुफलमङ्कोष्ठं
44. (क) चजगोजकम्
45. (क) कफपित्तनुत्

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Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Hot.

Specific action : Aphrodisiac, nourishing, strength promoting, *rakta prasādana* (hemopoetic) and alleviator of *vāyu*.

Note : It aggravates *pitta* and *kapha*.

Pistā (Pistacia vera)

Syn. : *Pistā, mukulaka* and *dantiphala samākṛti*.

Note : It shares the properties of *nikocaka*. Specially, it is heavy and difficult for digestion.

[VI. 67-68]

एलाफलगुणाः

एलानामामवातघ्नमम्लोष्णं गुरु रेचनम् ।
पक्वं स्वादु हिमं बल्यं वातपित्तविनाशनम् ।। 69 ।।

एला

Elāphala (Litchi chinensis)

Unripe Elāphala

Taste : Sour.

Attribute : Heavy.

Potency : Hot.

Specific action : Laxative and alleviator of *vāyu*.

Ripe Elāphala

Taste : Sweet.

Potency : Cold.

Specific action : Strength promoting and alleviator of *vāyu* and *pitta*.

[VI. 69]

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आलूबुखारानामगुणाः

आल्लूकमल्लूर्भल्लूकं[46] भल्लू रक्तफलं तथा ।
आलूकं रसतः शीतं स्वाद्वम्लं वातपित्तहृत्[47] ।। 70 ।।

आलु

Ālubukhārā (Prunus persica)

Syn. : *Āllūka, mallū, bhallūka, bhallū* and *rakta phala.*

Taste : Sweet and sour.

Potency : Cold.

Specific action : Alleviates *vāyu* and *pitta.*

[VI. 70]

अंजीरनामगुणाः

अंजीरं मज्जलं ज्ञेयं काकोदुम्बरिकाफलम् ।। 71 ।।

अंजीरं शीतलं स्वादु गुरु पित्तास्रवातजित् ।
तस्मादन्यगुणं ज्ञेयमंजीरं लघु वा गुणैः ।। 72 ।।

अँजिर

Añjīra (Ficus carica)

Syn. : *Añjīra, majjala* and *kākodumbarikā phala.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Alleviates *pitta, vāyu* and blood.

Note : The small variety of *añjīra* has less of therapeutic efficacy.

[VI. 71–72]

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46. (क) ०कमल्लुकं अल्लु
47. (ख) वातपित्तकृत

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आक्षोटनामगुणाः

अक्षोडको वृत्तफलः[48] कन्दलाभः[49] पृथुच्छदः ।
आक्षोटः[50] मधुरं बल्यं गुरूष्णं वातहृत्सरम् ।। 73 ।। [76 R.]

अङ्कोलनामगुणाः

Ākṣoṭa (Aleurites moluccana)

Syn. : *Akṣoḍaka, vṛttaphala, kanda lābha* and *pṛthucchada.*

Taste : Sweet.

Attribute : Heavy.

Potency : Hot.

Specific action : Laxative, promoter of strength and alleviator of *vāyu.*

[VI. 73]

पालेवत (पालो) नामगुणाः

पालवेतं सितं पुष्पैस्तिन्दुकामफलं[51] स्मृतम् ।
अन्यन्मानवकं ज्ञेयं[52] महापालेवतं तथा ।। 74 ।।

पालेवतं हिमं स्वादु गुरूष्णं वह्निवातजित् ।
तद्वन्मानवकं ह्यद्यं तृष्णाघ्नमिष्टमम्लकम् ।। 75 ।।

पालेवतमाणवक

Pālevata (Phoenix pusilla)

Variety with White Flower

Syn. : *Pālevata* and *tindukāma phala.*

Taste : Sweet.

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48. (ख) आक्षोटो वैघृतफलं
49. (क) कन्दलालः
50. (क) आक्षोडं
51. (ख) ०स्तिन्दुं च फलं
52. (क) तस्य

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Attribute : Heavy.

Potency : Cold (hot ?).

Specific action : Alleviates *vāyu*.

Note : It suppresses the power of digestion.

Another Variety of Pālevata

Syn. : *Mānavaka* and *mahā pālevata*.

Taste : Sour.

Specific action : Cardiac tonic and appetiser or delicious.

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst).

[VI. 74 – 75]

तूतनामगुणाः

तूतं तूदं ब्रह्मकाष्ठं[53] ब्राह्मण्यं ब्रह्मदारु च ।
तूतं गुरु हिमं पक्वं स्वादु पित्तानिलापहम् ।। 76 ।।

Tūta (Morus alba)

Syn. : *Tūta, tūda, brahma kāṣṭha, brāhmaṇya* and *brahma dāru*.

Ripe Tūta

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Alleviates *pitta* and *vāyu*.

[VI. 76]

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53. (ख) ब्रह्मकोषं

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गंगेरुकनामगुणाः

गङ्गेरुकं कर्कटकं कर्कटं[54] मृगलिण्डकम्[55] ।
तोदनं क्रन्दनं चान्यन्मृगविट्सदृशं तथा ।। 77 ।।

गङ्गेरु रेचनं पक्वं गुरु वातास्रपित्तजित्[56] ।
तोदनं ग्राहि मधुरं वातपित्तहरं लघु ।। 78 ।।

गाङ्गेरु [76 V.]

Gaṅgeruka (Canthium parviflorum)

Syn. : *Gaṅgeruka, karkaṭaka, karkaṭa* and *mṛga liṇḍaka.*

Ripe Gaṅgeruka

Attribute : Heavy.

Specific action : Laxative and alleviator of *pitta.*

Therapeutic usage : Cures *vātāsra* (gout).

Todana (A Variety of Morus alba)

Syn. : *Todana, krandana* and *mṛga-viṭ-sadṛśa.*

Taste : Sweet.

Attribute : Light.

Specific action : Constipative and alleviator of *vāyu* and *pitta.*

[VI. 77–78]

तुवर-तुम्बरवृक्ष-नामगुणाः

तुवरं टित्रिकं[57] साम्लमुष्णमामं तु पित्तलम् ।

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54. (ख) कारकं
55. (क) मृगलण्डकम्
56. (ख) ०स्रजिन्मतम्
57. (क) तूदादि त्रितयं

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कालायनफलैः पत्रैः केशराभैः[58] समुद्रजैः[59] ।। 79 ।।

इति तूदादित्रितयगुणाः

वृक्षस्तुम्बरको[60] ज्ञेयो भल्लातकसमो गुणैः ।
तुम्बरं[61] कफजित्पाके कटूष्णं व्रणमेहजित्[62] ।। 80 ।।

तुम्बुरुक

Tuvara (Hydnocarpus wightiana)

Syn. : *Tuvara* and *ṭitrika.*

Taste : Sour.

Potency : Hot.

Note : Unripe *tuvara* aggravates *pitta.*

Tumbara Vṛkṣa (Avicennia officinalis)

Potency : Hot.

Vipāka : Pungent.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *vraṇa* (ulcer) and *meha* (obstinate urinary disorders including diabetes).

Note : Leaves of *tuvara* are like *keśara* grown in sea; fruits are like that of *kālāyana.* This tree has properties like those of *bhallātaka.*

[VI. 79–80]

बीजपूरनामगुणाः

बीजपूरो मातुलुङ्गः[63] कुशरी फलपूरकः ।। 81 ।।

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58. (क) केशराम्लैः
59. (क) समुद्रजः
60. (क) वृक्षस्तुम्बवत्
61. (क) तौवरं
62. (ख) व्रणमेहकृत
63. (ख) मातुलिङ्गः

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बीजपूरफलं रुच्यं रसाम्लं दीपनं लघु ।
रक्तपित्तकरं कण्ठ्यं जिह्वाहृच्छोधनं परम् ।। 82 ।।

तन्मांसं बृंहणं शीतं गुरु पित्तसमीरजित् ।
त्वक्पुष्पं तिक्ता गुर्वोष्णाकृमिवातकफापहा ।। 83 ।।

केशरं लघु संग्राहि शूलगुल्मोदरापहम् ।
बीजमुष्णं कृमिश्लेष्मवातजिद्गर्भदं गुरु ।। 84 ।। [77 R.]

तत्पुष्पं शीतलं[64] ग्राहि रक्तपित्तहरं लघु ।
शूलाजीर्णविबन्धेषु मन्देऽग्नौ कफमारुते ।
अरुचौ श्वासकासेषु रसस्तस्योपदृश्यते ।। 85 ।।

टभानामगुणाः

Bījapūra (Citrus medica)

Syn. : *Bījapūra, mātuluṅga, kuśarī* and *phalapūraka.*

Fruit

Taste : Sour.

Attribute : Light.

Action : *Dīpana* (digestive stimulant).

Specific action : Appetiser, useful for throat and exceedingly useful for cleaning the tongue and heart.

Note : It casues *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Pulp

Attribute : Heavy.

Potency : Cold.

Specific action : Nourishing and alleviator of *pitta* and *vāyu.*

Skin and Flower

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64. (ख) वातलं

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Taste : Bitter.

Attribute: Heavy.

Potency : Hot.

Specific action : Alleviates *vāyu* and *kapha*.

Therapeutic usage : Cures *kṛmi* (parasitic infestation).

Keśara (Pistil)

Attribute : Light.

Specific action : Constipative.

Therapeutic usage : Cures *śūla* (colic pain), *gulma* (phantom tumour) and *udara* (obstinate abdominal diseases including ascites).

Seed

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviates *kapha* and *vāyu* and helps in conception.

Therapeutic usage : Cures *kṛmi* (parasitic infestation).

Flower

Attribute : Light.

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body).

Juice

Specific action : Alleviates *kapha* and *vāyu*.

Therapeutic usage : Cures *śūla* (colic pain), *ajīrṇa* (indigestion), *vibandha* (constipation), *mandāgni* (suppression of the power of digestion), *aruci* (anorexia), *śvāsa* (dyspnoea) and *kāsa* (cough).

[VI. 81–85]

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मधुकर्कटीनामगुणाः

मधुकर्कटिका स्वादुलुङ्गी घण्टालिका घटा ।। 86 ।।

मधुकर्कटिका शीता रक्तपित्तहरा[65] गुरुः ।
तन्मूलं तु विषूचीघ्नं कर्णशोथविनाशनम् ।। 87 ।।

मधुरटभानामगुणाः

Madhukarkaṭī (Citrus maxima)

Syn. : *Madhukarkaṭikā, svāduluṅgī, ghaṇṭālikā* and *ghaṭā.*

Attribute : Heavy.

Potency : Cold.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Root

Therapeutic usage : Cures *viṣūcī* (cholera) and *karṇa śotha* (oedema of the ear).

[VI. 86 – 87]

नारङ्गीनामगुणाः

नारङ्गी नागरङ्गः स्याद् गोरक्षो योगसागरः[66] ।। 88 ।। [77 V.]

नारङ्गमम्लमत्युष्णं रुच्यं वातहरं सरम् ।
स्वाद्वम्लमपरं हृद्यं दुर्जरं वातनाशनम् ।। 89 ।।

नारङ्गनामगुणाः

Nāraṅgī (Citrus reticulata)

Syn. : *Nāraṅgī, nāgaraṅga, gorakṣa* and *yoga sāgara.*

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65. (ख) रक्ता पित्तहरा
66. (क) नारङ्गको नारऊगः स्याद्गोरक्षो योगसागरः ।

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Taste : Sour.

Potency : Exceedingly hot.

Specific action : Laxative, appetiser and alleviator of *vāyu*.

Variety

Taste : Sour.

Specific action : Cardiac tonic and alleviator of *vāyu*.

Note : It is difficult for digestion.

[VI. 88-89]

जम्भीरनामगुणाः

जम्बीरको दन्तशठो जम्भीरो जंभो[67] मतः ।। 90 ।।

जम्बीरमम्लं[68] शूलघ्नं गुरूष्णं कफवातजित् ।
आस्यवैरस्यहृत्पीडावह्निमान्द्यक्रिमीन् जयेत् ।। 91 ।।

Jambhīra (Citrus limon)

Syn. : *Jambīraka, danta śaṭha, jambhīra* and *jambha*.

Taste : Sour.

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *śūla* (colic pain), *āsya vairasya* (distaste in the mouth), *hṛt pīḍā* (pain in cardiac region), *vahni māndya* (suppression of the power of digestion) and *krimi* (parasitic infestation).

[VI. 90 – 91]

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67. (क) जह्गलो
68. (क) जम्बीरमुष्णं

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अम्लवेतसनामगुणाः

अम्लोऽम्लवेतसश्चुक्रो[69] वेतसः शरभेदकः ।। 92 ।।

अम्लवेतसमत्युष्णं भेदनं लघु दीपनम् ।
हृद्रोगशूलगुल्मघ्नं पित्तास्र[70]कफदूषणम् ।। 93 ।। [78 R.]

Amlavetasa (Garcinia pedunculata)

Syn. : *Amla, amlavetasa, cukra, vetasa* and *śarabhedaka.*

Attribute : Light.

Potency : Exceedingly hot.

Action : *Dīpana* (digestive stimulant)

Specific action : *Bhedana* (purgative).

Therapeutic usage : Cures *hṛd roga* (heart diseases), *śūla* (colic pain) and *gulma* (phantom tumour).

Note : It vitiates *pitta, asra* (blood) and *kapha.*

[VI. 92 – 93]

सराम्लनामगुणाः

सराम्लकः सारा[71]ङ्गुलो रसालः सार[72]पादपः ।
सराम्लमम्लवातघ्नं गुरु पित्तकफप्रदम् ।। 94 ।।

सराम्ल

Sārāmla

Syn. : *Sārāmlaka, sārāṅgula, rasāla* and *sāra pādapa.*

Taste : Sour.

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69. (क) oवेतसशुक्लो
70. (ख) पित्ततृट्कफo
71. (ख) सारगुलो
72. (क) सालपादपः

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Attribute : Heavy.

Specific action : Alleviates *vāyu*.

Note : It aggravates *pitta* and *kapha*.

[VI. 94]

निम्बुनामगुणाः

निम्बूकं निम्बुकं राजनिम्बूकमपरं स्मृतम् ।। 95 ।।

निम्बूकमम्लं वातघ्नं पाचनं दीपनं लघु ।
राजनिम्बूफलं स्वादु गुरु पित्तसमीरजित् ।। 96 ।।

निम्बुक राजनिम्बु

Nimbu (Citrus aurantium)

Syn. : *Nimbūka* and *nimbuka*.

Taste : Sour.

Attribute : Light.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : Alleviates *vāyu*.

Variety

Syn. : *Rājanimbū*.

Taste : Sweet.

Attribute : Heavy.

Specific action : Alleviates *pitta* and *vāyu*.

[VI. 95–96]

कर्मरंगनामगुणाः

कर्मरङ्गं रामफलं[73] भव्यं पिच्छिलबीजकम् ।

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73. (ख) नागफलं

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कर्मरङ्गं हिमं ग्राहि स्वाद्वम्लं कफपित्तजित् ।। 97 ।। [78 V.]

करमंगानामगुणाः

Karmaranga (Averrhoea carambola)

Syn. : *Karma ranga, rāma phala, bhavya* and *picchila bījaka.*

Taste : Sweet and sour.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

[VI. 97]

अम्लीनामगुणाः

अम्लिका चुक्रिका चिंचा तिन्तिडी शुक्तिचन्द्रिका ।। 98 ।।

अम्लिकाऽऽमा गुरुर्वातहरा पित्तकफास्रजित् ।
पक्वा तद्वत्सरा रुच्या वह्निबस्तिविशुद्धिकृत् ।
शुष्का ह्यां श्रमभ्रान्तितृष्णाक्लमहरा लघुः ।। 99 ।।

अम्लिकानामगुणाः

Amlī (Tamarindus indica)

Syn. : *Amlikā, cukrikā, ciñcā, tintidī* and *śukti candrikā.*

Unripe Amlī

Attribute : Heavy.

Specific action : Alleviates *vāyu, pitta, kapha* and *asra* (vitiated blood).

Ripe Amlī

Specific action : Laxative, appetiser and promoter of digestion.

Therapeutic usage : It cleanses *basti* (urinary bladder).

Dried Amlī

Attribute : Light.

Specific action : Cardiac tonic.

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Therapeutic usage : Cures *śrama* (exhaustion), *bhrānti* (giddiness), *tṛṣṇā* (morbid thirst) and *klama* (mental fatigue).

[VI. 98 – 99]

तिन्तिडीनामगुणाः

तिन्तिडीकं तु वृक्षाम्लमम्लशाकोऽम्लपादपः[74] ।। 100 ।।

तिन्तिडीकं समीरघ्नमाममुष्णं[75] परं गुरु ।
तत्पक्वं लघु संग्राहि ग्रहणीकफवातजित् ।। 101 ।।

तन्तुलिनामगुणाः

Tintiḍī (Rhus parviflora)

Syn. : *Tintiḍīka, vṛkṣāmla, amla śāka* and *amla pādapa.*

Unripe Tintiḍī

Attribute : Exceedingly heavy.

Potency : Hot.

Specific action : Alleviates *vāyu.*

Ripe Tintiḍī

Attribute : Light.

Specific action : Constipative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *grahaṇī* (sprue syndrome).

[VI 100 – 101]

करमर्दीनामगुणाः

करमर्दी सुषेणा स्याद्वन्या[76] कृष्णफला मता[77] ।। 102 ।।

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74. (क) वृक्षाम्लमम्मं शाकाम्लं शाकपादपः ।
75. (क) ०माममुक्तं
76. (क) स्वाद्वन्या
77. (क) परा

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करमर्दी गुरूष्णाम्लं रक्तपित्तकफप्रदम् ।
तत्फलं[78] मधुरं रुच्यं लघु पित्तसमीरजित् ।। 103 ।।

करोट्टिंकरन्दा

Karamardī (Carissa carandus)

Syn. : *Karamardī, suṣeṇā, vanyā* and *kṛṣṇaphalā.*

Taste : Sour.

Attribute : Heavy.

Potency : Hot.

Note : i) It produces *rakta pitta* (a disease characterised by bleeding from different parts of the body).

ii) It aggravates *kapha.*

Fruit

Taste : Sweet.

Attribute : Light.

Specific action : Appetiser and alleviator of *pitta* and *vāyu.*

[VI. 102–103]

विकंकत (कंड्याई) नामगुणाः

[विकंकतो मधुश्चाम्लः कषायः शीतलो जयेत् ।
बलासपित्तशोफास्रविकारान्कामलांस्तथा ।। 1 ।।

पाककालेऽतिमधुरो दाहं शोषं च नाशयेत् ।
दीपनः पाचनश्चैव व्रणलूताविनाशनः ।। 2 ।।]

Vikaṅkata (Gymnosporia spinosa)

Taste : Sweet, sour and astringent.

Potency : Cold.

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78. (ख) तत्पक्वं

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***Vipāka*:** Exceedingly sweet.

***Action* :** *Dīpana* (digestive stimulant) and *pācana* (carminative).

***Specific action* :** Alleviates *kapha* and *pitta*.

***Therapeutic usage* :** Cures *śopha* (oedema), *asra vikāra* (diseases caused by the vitiation of blood), *kāmalā* (jaundice), *dāha* (burning syndrome), *śoṣa* (consumption), *vraṇa* (ulcer) and *lūtā* (poisoning of spider).

[1–2]

कपित्थनामगुणाः

कपित्थको दधिफलः कपित्थः सुरभिच्छदः ॥ 104 ॥

कपित्थमामं संग्राहि लघु दोषत्रयापहम् ।
पक्वं गुरु तृषाहिक्काशमनं वातपित्तजित् ।
स्वाद्वम्लं तुवरं कण्ठशोधनं ग्राहि दुर्जरम् ॥ 105 ॥

Kapittha (Feronia limonia)

***Syn.* :** *Kapitthaka, dadhiphala, kapittha* and *surabhicchada*.

Unripe Kapittha

***Attribute* :** Light.

***Specific action* :** Constipative and alleviator of all the three *doṣas* viz., *vāyu, pitta* and *kapha*.

Ripe Kapittha

***Taste* :** Sweet, sour and astringent.

***Attribute* :** Heavy.

***Specific action* :** Constipative and alleviator of *vāyu* and *pitta*.

***Therapeutic usage* :** Cures *tṛṣā* (morbid thirst) and *hikkā* (hiccup).

Note : (i) It cleanses the throat.

(ii) It is difficult for digestion.

[VI. 104 – 105]

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कपित्थपत्रीनामगुणाः

कपित्थपत्री फणिजा कुलजा जीवपत्रिका ।
कपित्थपत्री तीक्ष्णोष्णा कफमेहविषापहा ।। 106 ।।

कइथपत्रिनामगुणाः

Kapitthapatrī

Syn. : *Kapitthapatrī, phaṇijā, kulajā* and *jīvapatrikā.*

Attribute : *Tīkṣṇā* (sharp).

Potency : Hot.

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes) and *viṣa* (poisoning)

[VI. 106]

आम्रातकनामगुणाः

आम्रातकश्चाम्रवटः फली मोदः फलः[79] कपिः ।। 107 ।।

आम्रातमामवातघ्नं गुरूष्णं रुचिकृत्सरम् ।
पक्वं स्वादु हिमं वृष्यं मरुत्पित्तक्षयास्रजित् ।। 108 ।।

आम्बडा

Āmrātaka (Spondias pinnata)

Syn. : *Āmrātaka, āmravaṭa, phalī, moda, phala* and *kapi.*

Unripe

Attribute : Heavy.

Potency : Hot.

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79. (क) गोदुफलः

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Specific action : Laxative, promoter of appetite and alleviator of *vāyu.*

Ripe

Taste : Sweet.

Potency : Cold.

Specific action : Aphrodisiac and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *kṣaya* (consumption) and *asra* (vitiation of blood).

[VI. 107–108]

राजाम्रनामगुणाः

राजाम्राह्वं काम्रनामा कामाह्वो राजपुत्रकः ।
[79 V.] राजाम्रं मधुरं शीतं ग्राहि पित्तकफापहम् ।। 109 ।।

राज आम्बडा

Rājāmra

Syn. : *Rājāmrāhva, kāmranāmā, kāmāhva* and *rājaputraka.*

Taste : Sweet.

Potency : Cold.

Specific action : Constipative and alleviator of *pitta* and *kapha.*

[VI. 109]

पंचाम्लनामगुणाः

वृक्षाम्लदाडिमीचिंचाकपित्थैश्चतुराम्लकम् ।
अम्लवेतसवृक्षाम्लं दाडिमो बदरः क्वचित् ।
बीजपूरयुतैरेतैः पंचाम्लमुदितं बुधैः ।। 110 ।।

चतुरम्लपंचाम्लनामगुणाः

Caturāmla (Four Sour Fruits)

Vṛkṣāmla, dāḍimī, cin̆cā (amlī) and *kapittha* – these four taken together are known as *caturāmla.*

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According to some others, *amlavetasa, vṛkṣāmla, dāḍima* and *badara*— these four taken together are know as *caturāmla.*

Pañcāmla (Five Sour Fruits)

By adding *bījapūra, caturāmla* is known as *pañcāmla.*

[VI. 110]

कोशाम्रनामगुणाः

कोशाम्रको घनस्कन्धो जन्तुवृक्षश्च कोशकः ।। 111 ।।

कोशाम्रः कुष्ठशोथास्रपित्तव्रणकफापहः ।
तत्फलं ग्राहि वातघ्नमम्लोष्णं गुरु पित्तलम् ।। 112 ।।

पक्वं तद्दीपनं रुच्यं लघूष्णं कफवातजित् ।
मज्जा पित्तसमीरघ्नी स्वादुर्बल्याऽग्निदीपनी[80] ।। 113 ।।

कोषाम्रनामगुणाः

Kośāmra (Schleichera oleossa)

Syn. : *Kośāmraka, ghana skandha, jantu vṛkṣa* and *kośaka.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *śotha* (oedema), *asra pitta* (a disease characterised by bleeding from different parts of the body) and *vraṇa* (ulcer).

Fruit

Taste : Sour.

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviates *vāyu.*

Note : It aggravates *pitta.*

Ripe Fruit

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80. (क) ०ग्निदीपनः

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Attribute : Light.

Potency : Hot.

Action : *Dīpana* (digestive stimulant).

Specific action : Alleviator of *kapha* and *vāyu*.

Fruit Pulp

Taste : Sweet.

Action : Digestive stimulant.

Specific action : Strength promoting and alleviator of *pitta* and *vāyu*.

[VI. 111–113]

पूगीफलनामगुणाः

क्रमूकं[81] क्रमुकं[82] पूगं पूगीफलमुदाहृतम् ॥ 114 ॥

पूगं गुरु हिमं रूक्षं कषायं कफपित्तजित् ।
मोहनं दीपनं रुच्यमास्यवैरस्यनाशनम् ।
[80 R.] आर्द्रं तद्गुर्वभिष्यन्दि वह्निदृष्टिहरं परम् ॥ 115 ॥

स्निग्धं[83] त्रिदोषहत्सर्वं पक्वं शुष्कं तु वातलम्[84] ।
पूगं स्याद्दृढमध्येष्टं तद्धि नानाविधं हिमम् ॥ 116 ॥

पाकदेशविभेदेन चिक्कणं सर्वदोषनुत् ।
कृमिकृत्पूगपुष्पं तु कषायं मधुरं गुरु ।
स्निग्धं त्रिदोषहृद्धल्यं तद्भेदांस्तद्धदादिशेत् ॥ 117 ॥

गुवाकनामगुणाः

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81. (क) क्रमूकं
82. (क) कृमिकं
83. (क) स्विन्नं
84. (क) तद्भेदान् तद्धदादिशेत्

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Pūgīphala (Areca catechu)

Syn. : *Kramūka, kramuka, pūga* and *pūgīphala.*

Taste : Astringent.

Attributes : Heavy and ununctuous.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Intoxicating, appetiser and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *āsya vairasya* (distaste in mouth).

Wet Pūgīphala

Attribute : Heavy.

Note: i) it is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It suppresses the power of digestion.

iii) It reduces the eye-sight in excess.

Boiled and Unctuous Pūgīphala

It is strength promoting and alleviator of all the three *doṣas.*

Dried Pūgīpahla

It aggravates *vāyu.*

Flower of Pūga

Taste : Sweet and astringent.

Attribute : Heavy.

Note : It causes parasitic infection.

i) *Pūgīphala* having strong middle portion is considered to the best.

ii) There are several varieties of *pūgī phala* which are cold in potency.

iii) Unctuous type of *pūga* which is cooked or boiled properly and which has grown in a suitable place, alleviates all the three *doṣas.*

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iv) It has many varieties and all of them have similar properties.

[VI. 114–117]

तांबूलनामगुणाः

ताम्बूलवल्ली ताम्बूली नागिनी नागवल्लरी ।। 118 ।।

ताम्बूलं विशदं रुच्यं तीक्ष्णोष्णं तुवरं सरम् ।
तिक्तक्षारोष्णं बल्यं[85] रक्तपित्तकरं लघु ।
कास[86]श्लेष्मास्यदौर्गन्यमलवातश्रमापहम् ।। 119 ।।

ताम्बुलनामगुणाः

ताम्बूलं स्वर्णवर्णं क्रमुकफलयुतं साग्रमप्यग्रहीनं
कर्पूरेणाप्यजाभ्यां कृतखदिरवटीसौरभेखातिचूर्णम् ।
चूर्णं ग्रीवानुजातं शिशिरकिरणवत्प्रोज्ज्वलं तेन साकं
दत्त्वा विप्राय पूर्वं तदनु नरपतिर्भक्षयेदाप्तदत्तम् ।। 120 ।।

चूर्णं कफानिलहरं खदिरं कफपित्तजित् ।
संयोगतो दोषहरं सौमनस्यं करोति च ।
वैरस्यं हन्ति सौगन्ध्यकान्तिशोभाकरं परम् ।। 121 ।।

Tāmbūla (Piper betel)

Syn. :*Tambūlavallī, tāmbūlī, nāginī* and *nāgavallarī.*

Taste : Astringent and bitter.

Attributes : Light,*viśada* (non-slimy) and *tīkṣṇa* (sharp).

Potency :Hot.

Specific action : Laxative, appetiser, strength promoting and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *kāsa* (cough), *āsya daurgandhya* (foul smell

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85. (क) काम
86. (क) वक्त्यं श्लेष्म०

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from mouth), *mala* (excessive excreta) and *śrama* (exhaustion).

Note: i) It is *kṣāra* (alkaline).

ii) It is *uṣaṇa*(saline and alkaline).

iii) It causes *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : i) *Cūrṇa* (lime) alleviates *kapha* and *vāyu*. *Khadira* (solid extract of catechu) alleviates *kapha* and *pitta*. If *tāmbūla* is taken along with both of these drugs, it alleviates *doṣas* (*vāyu*, *pitta* and *kapha*).

ii) It promotes beauty, good smell, complexion and attraction.

iii) It alleviates *vairasya* (distaste of mouth).

iv) Golden leaves of *tāmbūla* should be cleared of its leaf-stalk and tip keeping the upper part intact, should be added with lime, catechu, camphor and musk, and should be taken by the King after offering to Brah mins. Prepared betel-leaf should be accepted only from a dependable (noble-hearted) person.

[VI. 118–121]

लवली–तत्फलं - नामगुणाः

घनस्निग्धा महाप्रांशुः प्रपुन्नाटः समच्छदा ।
सुगन्धमूला लवली पाण्डुः कोमलवल्कली ।
लावल्याः फलमुद्दिष्टं श्यामं ज्योत्स्नाफलं तथा ।। 122 ।।

लवलीफल[87]मश्मार्शोवातपित्तहरं लघु ।
विशदं रोचनं रूक्षं हृद्यं पित्तकफापहम् ।
फलं तुल्यगुणं सर्वं मज्जानमपि निर्दिशेत् ।। 123 ।।

लवली

Lavalī (Cicca acida)

Syn.:Ghanasnigdhā, mahāprāṃśu, prapunnāṭa, samacchadā, sugandhamūlā, lavalī, pāṇḍu and *komalavalkalī.*

87. (क) लवलीमूलम०

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Fruit of Lavalī

Syn. : *Śyāma* and *jyotsnā phala.*

Attributes : Light, *viśada* (non-slimy) and ununctuous.

Specific action : Appetiser, cardiac tonic and alleviator of *vāyu*, *pitta* and *kapha.*

Therapeutic usage : Cures *aśma* (stone in urinary tract) and *arśas* (piles).

Note : The pulp of the fruit has properties similar to fruit.

[VI. 122–123]

फलं हिमाग्निदुर्वातव्यालकीटादिदूषितम् । [80V.]
अकालजातं नाश्नीयात्पाकातीसार[88]भूमिजम् ।। 124 ।।

आमं दोषकरं प्रायः फलं बिल्वं विनाऽखिलम् ।
यस्य यस्य फलस्येह वीर्यं भवति यादृशम् ।
तस्य तस्यैव वीर्येण मज्जानमपि निर्दिशित् ।। 125 ।।

व्याधितं कृमिदुष्टं च पाकातीतमकालजम् ।
वर्जनीयं प्रयत्नेन सपद्यागतमेव च ।। 126 ।।

Fruits in General

Fruits which are afflicted by snow, fire, storm, wild animals and insects should not be eaten.

Unseasonal and excessively ripe fruits should also not be eaten.

Generally, all unripe fruits are harmful . The fruit of *bilva* is an exception to this general rule, i.e. its unripe fruit is useful.

The *vīrya* or potency of the fruit-pulp is similar to its fruit itself.

The fruit which is infected, afflicted by insects, excessively ripe and unseasonal should be avoided carefully. It should not be taken even in emergency.

[VI. 124 – 126]

88. (क) oपाकातीतमभूमिo

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यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्णो
द्राक्षादिललितपदैश्चिराद्धिचित्रः ।। 127 ।।

Colophon

Description of the group of drugs beginning with *drākṣā* or grapes (*Vitis vinifera*) in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the title *Kaṭāra malla* is completed.

[VI. 127]

इति मदनपालनिघण्टौ फलवर्गः षष्ठः ।। 6 ।।

Thus, ends the sixth group of drugs (fruits) called *Phala varga* in *Madanapāla nighaṇṭu.*

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CHAPTER VII

शाकवर्गः

(Group of vegetables)

राधापदाब्जे निपतन्विनोदी मानापनुत्त्यै जगदेकवन्द्यः[1] ।
केनापि कामेन स गोपरूपी पादपायात्पुरुषः पुराणः ।। 1 ।।

Invocation

Let the Purāṇa Puruṣa (Eternal Consciousness; Lord Vishnu) who for whatsoever intention, took birth in this earth as a cowherd and who though respected by all, fell-down at the feet of Radha (His concert) out of fun to alleviate her sense of indignation, remove all our impediments.

[VII. 1]

सर्वशाकेषु जीवन्ती श्रेष्ठा निन्द्यस्तु सर्षपः ।
शाकं चतुर्द्धा तत्पुष्पच्छदकन्दफलैः स्मृतम् ।। 2 ।।

Among all types of *śāka* (vegetables), *jīvantī* is the best and *sarsapa* is inferior. *Śāka* is of four varieties, viz., flower, leaf, rhizome and fruit.

[VII. 2]

त्रिविधकूष्माण्डनामगुणाः

कूष्माण्डकी पुष्पफली सोमना च महाफला[2] । [81 R.]
कर्क्कारुरफला कन्दी स्यादारू राजकर्क्कटी ।। 3 ।।

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1. (क) जगदेकबन्धुः 2. (ख) पचनालिश्चतुर्विधः

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कूष्माण्डं बृंहणं शीतं गुरु पित्तास्रवातजित् ।
बल्यं पित्तापहं शीतं मध्यमं कफकारकम् ।। 4 ।।

पक्वं नातिहिमं स्वादु सक्षारं दीपनं लघु ।
बस्तिशुद्धिकरं रेतोरोगदोषत्रयापहम् ।। 5 ।।

कूष्माण्डं नातिमधुरं[3] वाताश्मरिकफापहम्[4] ।
तन्मज्जा पित्तनुद् वृष्यो मधुरो बस्तिशोधनः ।। 6 ।।

कुष्माण्डनामगुणाः

कर्कटं[5] शीतलं ग्राहि रक्तपित्तहरं गुरु ।
पक्वं पित्ताग्निजननं सक्षारं श्लेष्मवातजित् ।। 7 ।।

करवारुनामगुणाः

Three Varieties of Kūṣmāṇḍa

First Variety

Syn.: Kūṣmāṇḍakī, puṣpaphalī, somanā and *mahāphalā.*

Second Variety

Syn. : Karkkāru, aphalā and *kandī.*

Third Variety

Syn. : Āru and *rāja karkkaṭī.*

Kūṣmāṇḍa - First Variety (Benincasa hispida)

Attribute : Heavy.

Potency : Cold.

Specific action : Nourishing, strength promoting and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body).

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3. (क) नालीमधुरा 4. (क) 0कफापहा 5. (क) कर्कारु

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Moderately Matured Kūṣmāṇḍa

Potency : Cold.

Note : It aggravates *kapha.*

Ripe Kūṣmāṇḍa

Taste : Sweet.

Potency : Not very cold.

Action : Dīpana (digestive stimulant).

Specific action : Cleanses the urinary bladder and alleviates all the three *doṣas*, viz.,*vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *retoroga* (seminal diseases).

Note : It is alkaline.

Kūṣmāṇḍa or Karkkāru – Second Variety (Cucurbita maxima)

Taste : Not sweet in excess.

Specific action : Alleviates*vāyu* and *kapha.*

Therapeutic usage : Cures *aśmari* (stone in urinary tract).

Pulp

Taste : Sweet.

Specific action : Aphrodisiac and alleviator of *pitta.*

Therapeutic usage : Cleanses urinary bladder.

Karkaṭa – Third Variety (Cucumis sativus)

Attribute : Heavy.

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body).

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Ripe
Action : Digestive stimulant.
Specific action : Alleviates *kapha* and *vāyu.*
Note : i) It is alkaline.
ii) It vitiates *pitta.*

[VII. 3–7]

कर्कटीनामगुणाः

कर्कटी लोमशी व्यालपत्रैर्वारुर्बृहत्फला ।। 8 ।।

कर्कटी शीतला रूक्षा ग्राहिणी मधुरा गुरुः ।
रुच्या पित्तहरा सामा पक्वोष्णा पित्तवह्निकृत् ।। 9 ।।

काकुडीनामगुणाः

Karkaṭī (Cucumis utilissimus)

Syn. : *Karkaṭī, lomaśī, vyālapatra, ervāru* and *bṛhatphalā.*

Taste : Sweet.

Attributes : Heavy and ununctuos.

Potency : Cold (green fruit), hot (ripe fruit).

Specific action : Constipative and alleviator of *pitta* (green fruit).

Note : Ripe fruit is stimulant of digestion and it aggravates *pitta.*

[VII 8–9]

कालिङ्ग(तर्बूजा)नामगुणाः

कालिङ्ग कृष्णबीजं स्यात्कलिङ्गं फलवर्तुलम् ।। 10 ।।

कालिङ्गं ग्राहि दृक्पित्तशुक्रहृच्छीतलं गुरु । [81V.]
पक्वं तु सोष्णं सक्षारं पित्तलं कफवातजित् ।। 11 ।।

कालिङ्ग

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Kāliṅga

Syn. : *Kāliṅga, kṛṣṇabīja, kaliṅga* and *phala vartula.*

Attribute : Heavy.

Potency : Cold.

Specific action : Constipative and alleviator of *pitta.*

Note : It reduces eye-sight and semen.

Ripe Kāliṅga

Potency : Hot.

Specific action : Alleviates *kapha* and *vāyu.*

Note : i) It is alkaline.

ii) It vitiates *pitta.*

[VII. 10 –11]

मिष्टतुम्वीनामगुणाः

तुम्वी मिष्टा महातुम्वी राजाऽलाबुरलाबुनी ।
मिष्टं तुम्बीफलं वृष्यं कफपित्तहरं गुरु ।। 12 ।।

स्वादुतुम्वी

Miṣṭa Tumbī (Sweet Variety of Lagenaria siceraria)

Syn. : *Tumbī, miṣṭā, mahā tumbī, rājā, alābu* and *alābunī.*

Attribute : Heavy.

Specific action : Aphrodisiac and alleviator of *kpha* and *pitta.*

[VII. 12]

कटुतुम्वीनामगुणाः

कटुतुम्वी पिण्डफली[6] राजपुत्री च दुग्धिनी[7] ।
कटुतुम्वी हिमा ह्द्या पित्तकासविषापहा ।। 13 ।।

कटुतुम्वी

6. (ख) मिष्टफली 7. (क) वृद्धनी

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Kaṭu Tumbī (Bitter Variety of Lagenaria siceraria)

Syn.: Kaṭu tumbī, piṇḍaphalī, rājaputrī and *dugdhinī.*

Potency : Cold.

Specific action : Cardiac tonic and alleviator of *pitta.*

Therapeutic usage : Cures *kāsa* (bronchitis) and *viṣa* (poisoning).

[VII. 13]

त्रपुषनामगुणाः

त्रपुषं कण्टकिलता सुधावासोऽपरं कटुः ।
छर्दिपर्णी मूत्रफला पित्तकं[8] हस्तिपर्णिनी ।। 14 ।।

[82R.] **बालं सनीलं त्रपुसं तेषां पित्तहरं परम् ।**
तत्पाण्डु कफकृत् जीर्णमम्ल[9]वातकफापहम् ।। 15 ।।

त्रपुषं मूत्रलं शीतं रूक्षं पित्ताश्मकृच्छ्रनुत् ।
तत्पक्वमुष्णमम्लं स्यात्पित्तलं कफवातजित् ।। 16 ।।

फूटिकाकुडिनामगुणाः

Trapuṣa (Cucumis sativus)

Syn. : *Trapuṣa, kaṇṭakilatā, sudhāvāsa, kaṭu, chardiparṇī, mūtraphalā, pittaka* and *hasti parṇinī.*

Tender and Green Trapuṣa

Specific action : It is an excellent alleviator of *pitta.*

Yellowish(Matured) Trapuṣa

Note : It aggravates *kapha.*

Excessively Matured Trapuṣa

Taste : Sour.

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8. (क) क्षुद्रपत्री मूलफलं 9. (ख) छर्दिमम्ल०

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Specific action : Alleviates *vāyu* and*Kapha.*

Trapuṣa in General

Attribute : Ununctuous.

Potency : Cold.

Specific action : *Mūtrala* (diuretic) and alleviator of *pitta.*

Therapeutic usage: Cures *aśma* (stone in urinary tract) and *kṛcchra* (dysuria).

Ripe and Matured Trapuṣa

Taste : Sour.

Potency : Hot.

Specific action : Alleviates *kapha* and *vāyu.*

Note : It aggravates *pitta.*

[VII. 14 –16]

चिर्भटनामगुणाः

चिर्भटं धेनुदुग्धं स्याज्ज्ञेयं गोरक्षकर्कटी ।। 17 ।।

चिर्भटं मधुरं रूक्षं गुरु पित्तकफापहम् ।
शीतं विष्टम्भि संग्राहि पक्वमुष्णं तु पित्तलम् ।। 18 ।।

चिर्भटीनामगुणाः

Cirbhaṭa (A Variety of Trapuṣa)

Syn. :*Cirbhaṭa, dhenu dugdha* and *gorakṣa karkaṭī.*

Taste : Sweet.

Attributes : Heavy and ununctuous.

Potency : Cold.

Specific action : Constipative and alleviator of *pitta* and *kapha.*

Note : It is *viṣṭambhi* (wind forming).

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Ripe Cirbhaṭa
Potency : Hot.

Note : It vitiates *pitta*.

[VII. 17–18]

वालुकनामगुणाः

वालुकं काण्डकं वालु तच्छीतं मधुरं गुरु ।
रक्तपित्तहरं भेदि लघूष्णं पक्वमग्निकृत ।। 19 ।।

वालुका

Vāluka (Gisekia pharnaceoides)

Syn. : *Vāluka, kāṇḍaka* and *vālu.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action :*Bhedi* (purgative).

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Ripe Vāluka

Attribute : Light.

Potency : Hot.

Action : Stimulates the power of digestion.

[VII. 19]

(फुट्ट) शीर्णवृन्तनामगुणाः

शीर्णवृन्तं चित्रफलं विचित्रं पीतवर्णकम् ।
शीर्णवृन्तं लघु स्वादु भेद्युष्णं वह्निपित्तकृत ।। 20 ।।

चलणानामगुणाः

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Śīrṇavṛnta (Cucumis melo)

Syn. : *Śīrṇa vṛnta, citra phala, vicitra* and *pīta varṇaka.*

Taste : Sweet.

Attribute : Light.

Potency : Hot.

Action : Stimulates digestion.

Specific action : Purgative.

Note : It aggravates*pitta.*

[VII. 20]

कोशातकीनामगुणाः

कोशातकी शतच्छिद्रा जालिनी कृतवेधसा[10] । [82 V.]
मृदंगफलका क्षोडी[11] घोटाकी[12] कर्कशच्छदा ।। 21 ।।

कोशातकी लघुस्तिक्ता रूक्षाऽऽमाशयशोधनी ।
शोफपाण्डूदरप्लीहकुष्ठार्शःकफपित्तजित् ।
तत्फलं भेदनं शीतं लघु मेहत्रिदोषजित् ।। 22 ।।

तरोइनामगुणाः

Kośātakī (Luffa acutangula)

Syn. : *Kośātakī, śatacchidrā, jālinī, kṛtavedhasā, mṛdaṅga phalakā, kṣoḍī, ghoṭākī* and *karkaśacchadā.*

Taste : Bitter.

Attributes : Light and ununctuous.

Specific action : Alleviates *kapha* and*pitta.*

Therapeutic usage : Cures *śopha* (oedema), *pāṇḍu* (anemia), *udara* (obstinate abdominal diseases including ascites), *plīhan* (splenic diseases), *kuṣṭha* (obstinate skin diseases including leprosy)and*arśas*

10. (क) कृत्वेधनः 11. (ख) ज्वेरा 12. (ख) घोटीलि

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(piles).

It cleanses *āmāśaya* (stomach).

Fruit

Attribute : Light.

Potency : Cold.

Specific action : Purgative and alleviator of all the three *doṣas* viz.,*vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes).

[VII. 21–22]

राजकोशातकीनामगुणाः

राजकोशातकी मिष्टा महाजालिः सपीतका ।
राजकोशातकी शीता ज्वरघ्नी कफवातला ।। 23 ।।

मिठा जल्नि

Rāja Kośātakī (Luffa cylindrica)

Syn. : *Rāja kośātakī, miṣṭā, mahājāli* and *sapītakā.*

Potency : Cold.

Therapeutic usage : Cures*jvara* (fever).

Note : It vitiates*kapha* and *vāyu.*

[VII. 23]

महाकोशातकीनामगुणाः

महाकोशातकी त्वन्या हस्तिघोषा महाफला ।
महाकोशातकी स्निग्धा मिष्टा पित्तानिलापहा ।। 24 ।।

वड्जह्नि

Mahā Kośātakī (Varieties of Kośātakī)

Syn.:Mahākośātakī.

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Variety

Hastighoṣā and *mahāphalā.*

Taste : Sweet.

Attribute : Unctuous.

Specific action : Alleviates *pitta* and *vāyu.*

[VII. 24]

वृन्ताकीनामगुणाः

वृन्ताकी[13] वार्तिकी[14] वृता भण्टाकी भण्टिका मता ।। 25 ।।

[83 R.] वृन्ताकं[15] स्वादु तीक्ष्णोष्णं कटुपाकं च पित्तलम्[16] ।
कफवातहरं[17] ह्यं दीपनं शुक्रलं लघु ।
ज्वरारोचककासघ्नं पक्वं तत्पित्तलं गुरु ।। 26 ।।

वाइगणनामगुणाः

Vṛntākī (Solanum melongena)

Syn. : *Vṛntākī, vārtikī, vṛttā, bhaṇṭākī* and *bhaṇṭikā.*

Taste : Sweet.

Attributes : Light and *tikṣṇa* (sharp).

Potency : Hot.

Vipāka : *Dīpana* (digestive stimulant).

Specific action : Cardiac tonic, promoter of semen and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *jvara* (fever), *arocaka* (anorexia) and *kāsa* (cough).

Matured Vṛntākī

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13. (क) वार्त्ताकी 14. (क) वार्तिका 15. (क) वार्त्ताकी
16. (क) कटुपाकामवातजित् 17. (क) कफपित्तहरं

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Attribute : Heavy.

Note : It vitiates *pitta*.

[VII. 25–26]

श्वेतवार्त्ताकुनामगुणाः

अपरः श्वेतार्त्ताकुः कुक्कुटाण्डफलोपमः ।
तस्माद्धीनगुणः कश्चिदर्शसां च हितः स्मृतः ।। 27 ।।

श्वेतवाइगणनामगुणाः

Sveta Vārttāku (White Variety of Vṛntāka)

Note : i) It is inferior to *vṛntāka* in properties but considered to be useful for *arśas* (piles).

ii) It looks like egg of the hen.

[VII. 27]

विम्बीनामगुणाः

बिम्बी रक्तफला गोला[18] तुण्डी दन्तच्छदोपमा ।। 28 ।।

बिम्बी वान्तिप्रदा हन्ति रक्तपित्तास्रकामलाः ।
तत्फलं शीतलं स्वादु गुरु पित्तास्रदाहजित् ।
स्तम्भनं लेखनं वातविबन्धाध्मानकारकम् ।। 29 ।।

Bimbī (Coccinia cordifolia)

Syn. : *Bimbī, rakta phalā, golā, tuṇḍī* and *dantacchadopamā*.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *asra* (vitiation of blood) and *kāmalā* (jaundice).

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18. (क) गोहला

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Note : It causes *vānti* (vomiting).

Fruit

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : *Stambhana* (promotes the power of retention) and *lekhana* (depleting).

Note : i) It aggravates *vāyu.*

ii) It causes *vibandha* (constipation) and *ādhmāna* (flatulence).

[VII. 28-29]

कारवेल्लनामगुणाः

कारवेल्लं कटिल्लं स्यादुग्रकाण्डं[19] सुकाण्डकम् ।
कारवेल्ली वारिवल्ली बृहद्वल्ल्यपरा स्मृता ।। 30 ।।

[83V.] कारवेल्लं हिमं भेदि लघु तिक्तमवातलम् ।
पित्तास्रकामलापाण्डुकफमेहक्रिमीन् जयेत् ।। 31 ।।

कलरानामगुणाः

Kāravella (Momordica charantia)

Syn. : *Kāravella, kaṭilla, ugrakāṇḍa* and *sukāṇḍaka.*

A Small Variety

Kāravellī, vārivallī and *bṛhad vallī.*

Taste : Bitter.

Attribute : Light.

Potency : Cold.

Specific action : Purgative and alleviator of *kapha.*

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19. (क) स्यादुर्यकाण्डं

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Therapeutic usage : Cures *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body), *kāmalā* (jaundice), *pāṇḍu* (anemia), *meha* (obstinate urinary disorders including diabetes) and *krimi* (parasitic infestation).

Note : It does not vitiate *vāyu*.

[VII. 30-31]

कर्कोटकीनामगुणाः

कर्कोटकी पीतपुष्पा महाजालिनिरुच्यते ।
तद्वत्कर्कोटकीपुष्पं किलासारुचिनाशनम् ।। 32 ।।

कांकडनामगुणाः

Karkoṭakī (Momordica cochinchinensis)

Syn. : *Karkoṭakī, pīta puṣpā* and *mahājālini*.

Therapeutic usage : Cures *kilāsa* (a type of leucoderma) and *aruci* (anorexia).

Note : The flower of *karkoṭakī* shares the properties of fruit mentioned above.

[VII. 32]

वन्ध्याकर्कोटकीनामगुणाः

वन्ध्याकर्कोटकी देवी नागरिर्विषकण्टका ।
वन्ध्याकर्कोटकी तिक्ता विषवीसर्पकासजित् ।। 33 ।।

वन्ध्याकांकडनामगुणाः

Vandhyā Karkoṭakī (A Variety of Karkoṭakī)

Syn. : *Vandhyā karkoṭakī, devī, nāgari* and *viṣakaṇṭakā*.

Taste : Bitter.

Therapeutic usage : Cures *viṣa* (poisoning), *visarpa* (erysipelas) and *kāsa* (bronchitis).

Note : Fruits do not appear in this plant.

[VII. 33]

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डोडिकानामगुणाः

डोडिका विषमुष्टिः स्याद्विषयष्टिः समुष्टिका ।
डोडिका कफपित्तार्शःकृमिगुल्मविषापहा ।। 34 ।।

Ḍoḍikā

Syn. **:** *Ḍoḍikā, viṣamuṣṭi, viṣayaṣṭi* and*samuṣṭikā.*

Specific action **:** Alleviates *kapha* and*pitta.*

Therapeutic usage **:** Cures*arśas* (piles),*kṛmi* (parasitic infestation), *gulma* (phantom tumour) and *viṣa* (poisoning).

[VII. 34]

डिण्डिसनामगुणाः

डिण्डिसो रोमशफलस्तिन्दिसो मुनिनिर्मितः ।
डिण्डिसो वातलो रूक्षो मूत्रलोऽश्मरिभेदकः ।। 35 ।।

डिण्डीसनामगुणाः

Ḍiṇḍisa

Syn. **:** *Ḍiṇḍisa, romaśa phala, tindisa* and *muninirmita.*

Attribute **:** Ununctuous.

Specific action **:** Diuretic.

Therapeutic usage **:** Destroys *aśmari* (stone).

Note : It aggravates *vāyu.*

[VII. 35]

कोलशिम्बीनामगुणाः

कोलशिम्बी कृष्णफला[20] षट्का शूकरपादिका[21] ।
कोलशिम्बी समीरघ्नी गुर्व्युष्णा[22] कफपित्तकृत् ।। 36 ।।

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20. (क) कृपलासा 21. (ख) षड्वसी करपादिका 22. (ख) गुर्वामकफ०

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Kola Śimbī (Ipomoea hederacea)

Syn. :*Kola śimbī, kṛṣṇaphalā, ṣaṭkā* and *śūkara padikā.*

Attribute: Heavy.

Potency : Hot.

Specific action : Alleviates *vāyu.*

Note : It aggravates *kapha* and *pitta.*

[VII. 36]

शिम्बीनामगुणाः

शिम्बी कुशिम्बी कुत्साऽन्नशिम्बी पुत्रकशिम्बिका[23] ।
शिम्बी शीता गुरुर्बल्या श्लेष्मला वातपित्तजित् ।। 37 ।।

सिम्ब

Śimbī (Dolichos lablab)

Syn. : *Śimbī, kuśimbī, kutsā, asra śimbī* and *putraka śimbika.*

Attribute : Heavy.

Potency : Cold.

Specific action : Strength promoting and alleviator of *vāyu* and *pitta.*

Note : It vitiates *kapha.*

[VII. 37]

वास्तुकनामगुणाः

वास्तुकः शाकपत्रः[24] स्यात् कम्बीरस्तु[25] प्रसादकः ।। 38 ।।

वास्तुकः पाचनो रुच्यो लघुः शुक्रबलप्रदः ।
सरः प्लीहान्नपित्तार्शःकृमिदोषत्रयापहः ।। 39 ।।

बथुआ

23. (ख) सेविशिम्बी कुशिम्बी स्यात् कुत्सान्न शिम्बिपुत्रिका ।
24. (क) क्षारशाकः 25. (क) शाककीरस्तु

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Vāstuka (Chenopodium murale)

Syn. :*Vāstuka, śaka patra, kambira* and *prasādaka.*

Attribute : Light.

Action : Carminative.

Specific action : Laxative, appetiser and promoter of semen and strength as well as alleviator of all the three *doṣas,* namely, *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *plīhan* (splenic disorders), *asra pitta* (a condition characterised by bleeding from different parts of the body), *arśas* (piles) and*kṛmi* (parasitic infestation).

[VII. 39]

जीवन्तकनामगुणाः

जीवन्तकः शाकराजो[26] रक्तनालः प्रणालकः ।
जीवन्तो बल[27]कृत्क्षारः स्वादुपाकस्त्रिदोषानुत ।। 40 ।। [84V.]

Jīvantaka (Leptadenia reticulata)

Syn. : *Jīvantaka, śaka rāja, rakta nāla* and *praṇālaka.*

Vipāka : Sweet.

Specific action : Strength promoting and alleviator of all the three *doṣas.*

Note : It is alkaline.

[VII. 40]

सर्व्वशाकं मनुष्याणाम् ओजक्षयमपौरुषम् ।
विना पटोलवास्तुककाकमाचिपुनर्न्नवा ।
तीव्रं तु रक्तवातघ्नं वास्तुकम् इत्येके ।। 41 ।।

जीवन्त्यादिशाकगुणाः

Leafy Vegetables,in General

Generally, all types of *śāka* (vegetables) reduce the *ojas* (vital fluid) and

26. (ख) शाकवीरो 27. (ख) वातकृत्क्षारः

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pauruṣa (virility or potency) of human beings. But *paṭola, vāstuka, kākamāci* and *punarnavā* are exceptions.

According to some physicians, *vāstuka* cures serious type of *rakta vāta* (gout).

[VII. 41]

चिल्लीनामगुणाः

चिल्ली बृहद्बला रक्ता चिल्लिका गौडवास्तुका ।। 42 ।।

चिल्ली सरा लघुः शीता रुच्या मेध्याऽग्निदीपनी ।
बल्या रूक्षा हरेत्प्लीहरक्तदोषत्रयक्रिमीन् ।। 43 ।।

रंगवथुआनामगुणाः

Cillī (Chenopodium album)

Syn. : *Cillī, bṛhad balā, raktā, cillikā* and *gauḍa vāstukā.*

Attributes : Light and ununctuous.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Laxative, appetiser, promoter of wisdom and strength, and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *plīhan* (splenic disorders), *rakta doṣa* (vitiation of blood) and *krimi* (parasitic infestation).

[VII. 42 – 43]

कालशाकनामगुणाः

कालशाकं कालिका स्याच्चुंचुका रंचुनामतः[28] ।। 44 ।। [85R.]

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28. (ख) चुंचुकोऽपरः

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कालशाकं सरं रुच्यं वातलं कफशोफजित् ।
पित्र्यं पवित्रमायुष्यं नातिपित्तप्रकोपनम् ।
चंचुः शीता सरा रूक्षा स्वाद्वी दोषत्रयापहा ।। 45 ।।

कालशाकचुंचुशाक

Kālaśāka (Corchorus capsularis)

Syn. : *Kālaśāka* and *kālikā*.

Specific action : Laxative, appetiser, promoter of longevity and alleviator of *kapha*.

Therapeutic usage : Cures *śopha* (oedema).

Note : i) It aggravates *vāyu*.

ii) It does not vitiate *pitta* in excess.

iii) It is *pitrya* (auspicious for manes) and *pavitra* (sacred).

Cuñcu (Corchorus aestuans)

Syn. : *Cuñcuka* and *rañcu*.

Taste : Sweet.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Laxative and alleviator of all the three *doṣas*.

[VII. 44 – 45]

तण्डुलीयनामगुणाः

तण्डुलीयो मेघनादः काण्डीरस्तण्डुलीयकः ।
विषघ्नः कन्धरो[29]ऽन्यः स्यान्मारीषो मार्षिकस्तथा ।। 46 ।।

तण्डुलीयो लघुः शीतो रूक्षः पित्तकफापहः ।
सृष्टमूत्रमलो रुच्यो दीपनो रक्तपित्तहा ।। 47 ।।

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29. (ख) कवरोऽन्यः

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Taṇḍulīya (Amaranthus spinosus)

Syn.:Taṇḍulīya, meghanāda, kāṇḍīra, taṇḍulīyaka, viṣaghna and *kandhara.*

A Variety

Marīṣa and *mārṣika.*

Attributes : Light and ununctuous.

Potency : Cold.

Action : *Dīpana* (digestive stimulant).

Specific action : Appetiser and alleviator of *pitta* and *kapha.*

It produces urine and stool.

Therapeutic usage : Cures *asra* (vitiation of blood) and *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[VII. 46 – 47]

फोगनामगुणाः

फोगो मरुद्भवः शृंगी[30] सूक्ष्मपुष्पः शशादनः ।
[85V.] फोगः संग्राहकः शीतो रक्तपित्तकफापहः ।। 48 ।।

फोगशाक

Phoga (Calligonum polygonoides)

Syn. : *Phoga, marudbhava, śṛṅgī, sūkṣma - puṣpa* and *śaśādana.*

Potency : Cold.

Specific action : Constipative and alleviator of *kapha.*

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[VII. 48]

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30. (क) वास्तु

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मारिषगुणाः

मारिषो रेचनः शीतो गुरुर्मेदस्त्रिदोषजित् ।। 49 ।।

लेउटीआनामगुणाः

Māriṣa (Amaranthus tricolor)

Syn. : (*Mārīṣa* and *mārṣika* – from verse No. 46 2nd line).

Attribute : Heavy.

Potency : Cold.

Specific action : Purgative and alleviator of all the three *doṣas.*

Therapeutic usage : Reduces *medas* (fat or adiposity).

[VII. 49]

पटोलनामगुणाः

पटोलः पाण्डुको[31] जातिकल[32]कः कर्कशच्छदः ।
राजीफलः पाण्डुफलो राजीमानमृताफलम् ।। 50 ।।

तिक्तोत्तमा बीजगर्भाऽपरा राजपटोलिका ।
ज्योत्स्नी पटोलिका जाली नादेयी भूमिजम्बुका ।। 51 ।।

पटोलं पाचनं हृद्यं वृष्यं लघ्वग्निदीपनम् ।
स्निग्धोष्णं हन्ति कासार्शो[33]ज्वरदोषत्रयक्रिमीन् ।। 52 ।।

पत्रं पित्तहरं शीतं तस्य वल्ली कफापहा ।
मूलं विरेचनं प्रोक्तं फलं दोषत्रयापहम् ।। 53 ।।

Paṭola (Trichosanthes dioica)

Syn.: *Paṭola, pāṇḍuka, jātikalaka, karkaśacchada, rājīphala, pāṇḍu phala, rājīmān* and *amṛtā phala.*

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31. (क) पाण्टुको 32. (क) जालीकूलकः 33. (ख) वाताम्रज्वर०

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Other Variety

Tiktottamā, bījagarbhā, rāja paṭolikā, jyotsnī, paṭolikā, jālī, nādeyī and *bhūmijambukā.*

Attributes : Light and unctuous.

Potency : Hot.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : Cardiac tonic, aphrodisiac and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *kāsa* (bronchitis), *arśas* (piles), *jvara* (fever) and *krimi* (parasitic infestation).

Leaf

Potency : Cold.

Specific action : Alleviates *pitta.*

Vallī (Climber)

Alleviates *kapha.*

Root

Purgative.

Fruit

Alleviates all the three *doṣas.*

[VII. 50 – 53]

चंचुडनामगुणाः

चंचुडो वेश्मकूलोऽन्यः श्वेतराजी बृहत्फला ।
किंचिन्न्यूनगुणस्तस्माद्विशेषाच्छोषणो[34] हितः ।। 54 ।।

Cañcuḍa (Benincasa hispida)

Syn. : *Cañcuḍa* and *veśmakūla.*

34. (क) oद्विशेषात् पित्तहा

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Variety

Śveta rājī and *bṛhatphalā.*

Note : It is slightly inferior to *paṭola* in its properties. It is specially wholesome and *śoṣaṇa* (which has drying effect).

[VII. 54]

पालक्यानामगुणाः

पालक्या वास्तुकाकारा छुरिका चीरितच्छदा ।। 55 ।।

पालक्या वातला शीता भेदिनी श्लेष्मला गुरुः ।
विष्टम्भिनी मदश्वासरक्तपित्तविषा[35]पहा ।। 56 ।।

पालंगनामगुणाः

Pālakyā (Spinacea oleracea)

Syn. : *Pālakyā, vāstukākārā, churikā* and *ciritacchadā.*

Attribute : Heavy.

Potency : Cold.

Specific action : Purgative.

Therapeutic usage : Cures *mada* (intoxication), *śvāsa* (dyspnoea), *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *viṣa* (poisoning).

Note : i) It vitiates *vāyu* and *kapha.*

ii) It is *viṣṭambhinī* (wind forming).

[VII. 55–56]

पोतकीनामगुणाः

पोतकी पोतका[36] प्रोक्ता मत्स्या काली सुतुंगिका[37] ।। 57 ।।

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35. (ख) ०पित्तकफापहा 36. (क) गोदिका 37. (ख) सुरंगिका

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पोतकी शीतला स्निग्धा श्लेष्मला वातपित्तजित् ।
अकण्ठ्या पिच्छिला निद्राशुक्रदा रक्तपित्तनुत् ।। 58 ।।

पोतक्या: पोदिका दिव्या शुक्रदा रक्तपित्तजित् ।। 59 ।।

पोइ

Potakī (Basella rubra)

Syn. : *Potakī, potakā, matsyā, kālī* and *sutuṅgikā.*

Attributes : Unctuous and *picchilā* (slimy).

Potency : Cold.

Specific action : Promotes semen, induces sleep and alleviates *vāyu* and *pitta.*

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body).

Note : i) It aggravtes *kapha.*

ii) It is not useful for throat.

Another Variety

Syn. : *Potakyā, podikā* and *divyā.*

Specific action : Promotes semen.

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body).

[VII. 57–59]

लोणिकुटीरयोः (सलोनक) नामगुणाः

लोणिकोक्ता बृहद्घोटी[38] कुटीरस्तु कुटिञ्जरः ।
दुन्दुरः स्याद्गुडीरीकः पिण्डी पिण्डीतकस्तथा[39] ।। 60 ।।

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38. (ख) बृहच्छोटी

39. (क) टुण्टुरः स्यात् टुंटुरीकः फंजी फंजीतकस्तथा ।

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लोणी रूक्षा गुरुः शीता सरा विष्टम्भिनी कटुः[40] ।
दोषघ्ना मधुरा पाके तद्वत्कुट्टीरटुण्टुरः[41] ।
लोणिका वातला श्वासकासश्लेष्मविषापहा ।। 61 ।।
लोणिकाटण्टुरुफंजिनामगुणाः

Loṇī (Portulaca oleracea) and Kuṭīra (Portulaca quadrifida)

Loṇī

Syn. : *Loṇikā* and *bṛhadghoṭī.*

Taste : Pungent.

Attributes : Heavy and ununctuous.

Potency : Cold.

Vipāka : Sweet.

Specific action : Laxative.

Note : i) It is *viṣṭambhinī* (wind forming).

ii) It vitiates all the *doṣas.*

Kuṭīra

Syn : *Kuṭīra* and *kuṭiñjara.*

Ṭuṇṭura

Syn : *Dundura, guḍīrika, piṇḍī* and *piṇḍītaka.*

They share the properties of *loṇī.* In special, they are heavy and they cure heart diseases.

Loṇikā (A Variety of Loṇī)

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough) and*viṣa* (poisoning).

Note : It vitiates*vāyu.*

[VII. 60-61]

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40. (ख) पटुः 41. (ख) ०कुट्टीर ह्रद्गुरुः

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सुषेणनामगुणाः

सुषेणस्तु स्वस्तिकः स्याद्बलदस्तिलपर्णिका ।
सुनिषण्णो हिमो ग्राही मेहदोषत्रयापहः ।। 62 ।।

Suṣeṇa (Marselia minuta)

Syn. : *Suṣeṇa, svastika, balada, tilaparṇikā* and *suniṣaṇṇa.*

Potency : Cold.

Specific action : Constipative and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *meha* (obstinate urinary disorders inclding diabetes).

[VII. 62]

तिलपर्णीनामगुणाः

तिलपर्णी हिमा रुच्या ग्राहिणी कफपित्तजित् ।। 63 ।।

सुनुसुनिआनामगुणाः

Tilaparṇī (A Variety of Gynandropsis gynandra)

Potency : Cold.

Specific action : Constipative, appetiser and alleviator of *kapha* and *pitta.*

[VII. 63]

सूक्ष्मपत्रनामगुणाः

सूक्ष्मपत्रस्तीक्ष्णशाको धनुःपुष्पः सुबोधकः ।
चोरकः कफवातघ्नः सुतीक्ष्णो नातिपित्तलः ।। 64 ।।

Sūkṣmapatra

Syn. : *Sūkṣma patra, tīkṣṇa śāka, dhanuḥ puṣpa, subodhaka* and *cauraka.*

Attribute : *Tīkṣṇa* (sharp).

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Specific action : Alleviates *kapha* and *vāyu*.

Note : It does not vitiate *pitta* in excess.

[VII. 64]

टुंटुकनामगुणाः

टुंटुको विटपो रूक्षः स्वरपत्रास्त्वरण्डजः ।
टुण्टुको वातलो रूक्षो विष्टम्भी कफनाशनः ।। 65 ।।

Ṭuṇṭuka (Oroxylum indicum)

Syn. : *Ṭuṇṭuka, viṭapa, rūkṣa, svara patra* and *araṇḍaja*.

Attribute : Ununctuous.

Specific action : Alleviates *kapha*.

Note : i) It is *viṣṭambhī* (wind forming).

ii) It aggravates *vāyu*.

[VII. 65]

वल्लीनामगुणाः

घनागमभवा वल्ली प्रसिद्धो नाम बस्तिजः ।। 66 ।।

घनागमस्त्रिदोषघ्नस्तत्पुष्पं मधुरं सरम् ।
फलं तस्य सरं वृष्यमामं मिष्टं तु वातलम् ।। 67 ।।

Vallī

Syn. : *Ghanāgamabhavā, vallī, prasiddha* and *bastija*.

Specific action : Alleviates all the three *doṣas*.

Flower

Taste : Sweet.

Specific action : Laxative.

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Fruit
Specific action : Aphrodisiac and laxative.

Unripe Fruit

Taste : Sweet.

Note : It vitiates *vāyu*.

[VII. 66 – 67]

शीतवारनामगुणाः

शीत[42]वारः कुरण्डी स्यान्नाडी तु नलिका मता ।। 68 ।।

शीत[43]वारः सरो वृष्यः शोफघ्नो वातपित्तलः ।
नाडी सरा लघुः शीता पित्तनुत् कफवातला ।। 69 ।।

ललितानामगुणाः

Śītavāra

Syn. : *Śītavāra* and *kuraṇḍī*.

Specific action : Laxative and aphrodisiac.

Therapeutic usage : Cures *śopha* (oedema).

Note : It vitiates *vāyu* and *pitta*.

Nāḍī

Syn. : *Nāḍī* and *nalikā*.

Attribute : Light.

Potency : Cold.

Specific action : Laxative and alleviator of *pitta*.

Note : It aggravates *kapha* and *vāyu*.

[VII. 68–69]

42–43 (क) सिनिवारः.

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सार्षपकौसुम्भयोर्नामगुणाः

सार्षपं सर्षपोद्भूतं कौसुम्भं तु कुसुम्भकम्[44] ।। 70 ।।

सार्षपं बद्धविण्मूत्रं गुरूष्णं च[45] त्रिदोषनुत् ।
कौसुम्भं स्वादु रूक्षोष्णं कफजित्पित्तलं लघु ।। 71 ।।

सोरिषशाकनामगुणाः

Sārṣapa (Brassica compestris)

Syn. : *Sārṣapa* and *sarṣapodbhūta.*

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviates all the three *doṣas*, viz., *vāyu*, *pitta* and *kapha.*

It causes the retention of stool and urine.

Kausumbha (Carthamus tinctorius)

Syn. : *Kausumbha* and *kusumbhaka.*

Taste : Sweet.

Attributes : Light and ununctuous.

Potency : Hot.

Specific action : Alleviates *kapha.*

Note : It vitiates *pitta.*

[VII. 70 – 71]

चणकशाक-कलायशाक-नामगुणाः

चणकं शाकमुद्दिष्टं दुर्जरं कफवातनुत् ।
कलायशाकं भेदि स्याल्लघु पित्तकफापहम् ।। 72 ।।

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44. (ख) कुंकुमोद्भवम् 45. (ख) वा

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Caṇaka Śāka (Leaf of Cicer arietinum)

Specific action : Alleviates *kapha* and *vāyu.*

Note : It is difficult for digestion.

Kalāya Śāka (Leaf of Lathyrus sativus)

Attribute : Light.

Specific action : Laxative and alleviator of *pitta* and *kapha.*

[VII. 72]

चाङ्गेरीनामगुणाः

[87 R.] चाङ्गेरी त्वम्लिका क्षुद्राम्लिका चुक्रा चतुश्छदा ।। 73 ।।

चाङ्गेरी दीपनी रुच्या लघूष्णा कफवातजित् ।
पित्तलाम्ला[46] ग्रहण्यर्शःकुष्ठातीसारनाशिनी ।। 74 ।।

आम्लेतिनामगुणाः

Cāṅgerī (Oxalis corniculata)

Syn. : *Cāṅgerī, amlikā, kṣudrāmlikā, cukrā* and *catuṣchadā.*

Taste : Sour.

Attribute : Light.

Potency : Hot.

Action : Digestive stimulant.

Specific action : Appetiser and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *grahaṇī* (sprue syndrome), *arśas* (piles), *kuṣṭha* (obstinate skin diseases including leprosy) and *atisāra* (diarrhoea).

Note : It aggravates *pitta.*

[VII. 73 –74]

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46. (ख) सपित्तला

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कासमर्दनामगुणाः

कासमर्दः कर्कशः स्याज्जरणोऽजगरस्तथा ।
कासमर्दो लघुः कण्ठ्यः कासदोषविषास्रजित् ।। 75 ।।

कुसुन्दिनामगुणाः

Kāsamarda (Cassia occidentalis)

Syn. : *Kāsamarda, karkaśa, jaraṇa* and *ajagara.*

Attribute : Light.

Specific action : Useful for throat, and alleviator of *doṣas.*

Therapeutic usage : Cures *kāsa* (bronchitis), *viṣa* (poisoning) and *asra* (vitiation of blood).

[VII. 75]

गृंजननामगुणाः

गृंजनः कटुकस्तीक्ष्णस्तिक्तोष्णो दीपनो लघुः ।
संग्राही रक्तपित्तार्शोग्रहणीकफवातजित् ।। 76 ।।

गंज्याइनामगुणाः

Gṛñjana (Daucus carota)

Taste : Pungent and bitter.

Attributes : Light and *tīkṣṇa* (sharp).

Potency : Hot.

Action : Digestive stimulant.

Specific action : Constipative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body), *arśas* (piles) and *grahaṇī* (sprue syndrome).

[VII. 76]

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मूलकनामगुणाः

मूलकं हस्तिदन्तं च बालमूलं कपोतिकम्[47] ।। 77 ।।

मूलकं बालकं[48] रुच्यं स्वर्योष्णं पाचनं लघु ।
हन्ति दोषत्रयं[49] श्वासगलाक्षिगदपीनसान्[50] ।। 78 ।।

महत्तदेवातिगुरु रूक्षं दोषत्रयप्रदम् ।
[87V.] स्निग्धसिद्धं तदेव स्याद्दोषत्रयविनाशनम् ।। 79 ।।

शुष्कं तद्धि विशोथघ्नं लघु दोषत्रयापहम् ।
तत्पुष्पं श्लेष्मपित्तघ्नं फलं वातकफापहम् ।। 80 ।।

मूलानामगुणाः

Mūlaka (Raphanus sativus)

Syn. : *Mūlaka* and *hastidanta.*

Tender Mūlaka

Syn. : *Bāla mūla* and *kapotika.*

Attribute : Light.

Potency : Hot.

Action : *Pācana* (carminative).

Specific action : Promotes appetite and voice as well as alleviates all the three *doṣas.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), diseases of throat and eyes and *pīnasa* (chronic rhinitis).

Matured Mūlaka

Attributes : Heavy and ununctuous.

Note : It aggravates all the three *doṣas.*

47. (ख) कफान्तकम् 48. (ख) वातलं
49. (ख) त्रिदोषजं 50. (ख) श्वासगदाक्षिगदपीनसम्

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Mūlaka Cooked with Fat

It alleviates all the three *doṣas*.

Dry Mūlaka

Attribute: Light.

Specific action : Alleviates all the three *doṣas*.

Therapeutic usage : Cures *sotha* (oedema).

Flower

Specific action : Alleviates *kapha* and *pitta*.

Fruit

Specific action : Alleviates *vāyu* and *kapha*.

[VII. 77–80]

करीरनामगुणाः

करीरको गूढपत्रः[51] क्रकचो ग्रन्थिलो मतः ।। 81 ।।

करीरः कटुको भेदी तीक्ष्णोष्णः कफवातजित् ।
व्रणशोथविषार्शोघ्नस्तत्पुष्पं कफपित्तजित् ।
फलं ग्राहि कषायोष्णं मधुरं श्लेष्मपित्तकृत् ।। 82 ।।

Karīra (Capparis decidua)

Syn. : *Karīraka, gūḍha patra, krakaca* and *granthila*.

Taste : Pungent.

Attribute : *Tīkṣṇa* (sharp).

Potency : Hot.

Specific action : Purgative and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *vraṇa* (ulcer), *śotha* (oedema), *viṣa* (poisoning) and *arśas* (piles).

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51. (क) मूढपत्रः

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Śākavarga (vegetables)

Flower

Alleviates *kapha* and *pitta*.

Fruit

Taste : Sweet and astringent.

Potency : Hot.

Specific action : Constipative.

Note : It aggravates *kapha* and *pitta*.

[VII. 81–82]

सौभांजननामगुणाः

शिग्रुः सौभांजनः कृष्णगन्धः स्याद्बहुलच्छदः ।
रक्तोऽन्यो मधुशिग्रुस्तु श्वेतोऽन्यो हरितच्छदः ।। 83 ।।

तद्बीजं श्वेतमरिचं अतीक्ष्णं[52] चक्षुषे हितम् ।
शिग्रुस्तीक्ष्णो लघुर्ग्राही वह्निदः कफवातजित् ।
तीक्ष्णोष्णो विद्रधिप्लीहव्रणघ्नो रक्तपित्तकृत् ।। 84 ।।

मधुशिग्रुर्गुणैस्तद्वद्विशेषाद्दीपनः सरः ।
[88R.] तत्पुष्पं लघु संग्राहि वातलं कफशोथजित् ।
फलं ग्राहि कषायोष्णं मधुरं श्लेष्मपित्तहृत् ।। 85 ।।

सजनानामगुणाः

Saubhāñjana (Moringa oleifera)

Syn. : *Śigru, saubhāñjana, kṛṣṇa gandha* and *bahulacchada*.

Red Vareity

Madhu śigru.

White Variety

Haritacchada.

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52. (ख) सौभांजनभवं बीजं तीक्ष्णोष्णं

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Attributes : Light and sharp.

Potency : Hot.

Specific action : Constipative, promoter of power of digestion, and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *vidradhi* (abscess), *plīhan* (splenic disorders) and *vraṇa* (ulcer).

Note : It causes *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Seed (Śveta Marica)

Specific action : It is useful for eyes.

Note : It is not sharp.

Madhuśigru (Moringa concanensis)

It shares the properties of *saubhāñjana*. In addition, it is *dīpana* (digestive stimulant) and *sara* (laxative).

Flower

Attribute : Light.

Specific action : Constipative and alleivator of *kapha* and *pitta*.

Therapeutic usage : Cures *śotha* (oedema).

Note : It aggraavates *vāyu*.

Fruit

Taste : Sweet.

Potency : Hot.

Specific action : Constipative allevator of *kapha* and *pitta*.

[VII. 83 – 85]

लशुननामगुणाः

लशुनः स्यादुग्रगन्धी यवनेष्टो रसोनकः ।

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गृंजनोऽन्यो महाकन्दो जर्जरो[53] दीर्घपत्रकः ।। 86 ।।

लशुनो बृंहणो वृष्यः स्निग्धोष्णः पाचनः सरः ।
भग्नसन्धानकृत्केश्यो गुरुः पित्तास्रबुद्धिदः ।। 87 ।।

रसायनं कफश्वासकासगुल्मज्वरारुचीः ।
हन्ति शोथप्रमेहार्शःकुष्ठशूलानिलक्रिमीन् ।
तत्पत्रं मधुरं क्षारं नालो मधुरपिच्छिलः[54] ।। 88 ।।

रसुणनामगुणाः

गृंजननामगुणाः

गृंजनः पित्तलो ग्राही तीक्ष्णोऽर्शोरोगनाशनः ।। 89 ।।

Laśuna (Allium sativum)

Syn. : *Laśuna, ugra gandhī, yavaneṣṭa* and *rasonaka.*

Attributes : Heavy and unctuous.

Potency : Hot.

Action : Carminative.

Specific action : Laxative, *vṛṣya* (aphrodisiac), *rasāyana* (rejuvenating), *bṛṃhaṇa* (nourishing), *keśya* (useful for hair), promoter of intellect and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *gulma* (phantom tumour), *jvara* (fever), *aruci* (anorexia), *śotha* (oedema), *arśas* (piles), *kuṣṭha* (obstinate skin diseases including leprosy), *śūla* (colic pain) and *krimi* (parasitic infestation).

It helps in the healing of fracture.

Note : It vitiates *pitta* and *rakta* (blood).

Leaf

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53. (क) दुर्जरो 54. (क) ०र्जवनेष्टश्च

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Taste : Sweet.

It is alkaline.

Nāla (Stem)

Taste : Sweet.

Attribute : *Picchila* (slimy).

Gṛñjana (A Variety of Lasuna)

Syn. : *Gṛñjana, mahākanda, jarjara* and *dīrgha patraka.*

Attribute : *Tīkṣṇa* (sharp).

Specific action : Constipative.

Therapeutic usage : Cures *arsas* (piles).

Note : It aggravates *pitta.*

[VII. 86 – 89]

पलाण्डुनामगुणाः

पलाण्डुर्धवलाख्यश्च सुकन्दो[55] मुखदूषकः ।
हरितोऽन्यः पलाण्डुस्तु लताकोद्रुद्रुमः स्मृतः ।। 90 ।।

पलाण्डुस्तद्गुणैस्तुल्यः कफकृन्नातिपित्तलः ।
अनुष्णः केवलं वातं स्वादुपाकरसो जयेत्[56] ।। 91 ।।

पिआजनामगुणाः

Palāṇḍu (Allium cepa)

Syn. : *Palāṇḍu, dhavalākya, sukanda* and *mukha dūṣaka.*

Green Variety

Palāṇḍu and *latākodrudruma.*

Taste : Sweet.

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55. (ख) दुर्गन्धो
56. (ख) स्वादुः पाके रसांजयेत्।

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Potency : Slightly hot.

Vipāka : Sweet.

Specific action : Alleviates *vāyu* if not associated with other elements.

Note : i) It has properties similar to those of *laśuna*.

ii) It vitiates *kapha*.

iii) It does not vitiate *pitta* in excess.

[VII. 90 – 91]

सूरणद्वयनामगुणाः

सूरणः कन्दलः कन्दो गुदामयहरः सरः[57] ।
वज्रकन्दः[58] सुरेन्द्रः स्याद्वन्योऽन्यश्चित्रकन्दकः[59]।। 92 ।।

सूरणो दीपनो रूक्षः कषायः कटुकण्डुकृत् ।
विष्टम्भी विशदो रुच्यः कफार्शःकृन्तनो लघुः ।। 93 ।।

नालं सूरणकं रुच्यं कफवातहरं लघु ।
अर्शसां तु विशेषेण हितं कामाग्निदीपनम् ।। 94 ।।

सूरणो दीपनो रूक्षः कफार्शःकृन्तनो लघुः ।
तद्वदन्यो वज्रकन्दः कफघ्नः पित्तरक्तकृत् ।। 95 ।।

ओलुअनामगुणाः

Sūraṇa (Amorphophallus campanulatus)

Syn. : *Sūraṇa, kandala, kanda, gudāmaya hara* and *sara*.

Taste : Astringent and pungent.

Attributes : Light, ununctuous and *viśada* (non-slimy).

Action : Digestive stimulant.

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57. (ख) ०हरोऽपरः 58. (ख) वल्लकन्दः 59. (क) ०श्चित्रदण्डकः

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Specific action : Appetiser and alleviator of *kapha.*

Therapeutic usage : Cures *arśas* (piles).

Note : i) It is *vistambhī* (wind forming).

ii) It causes *kaṇḍu* (itches).

Nāla (Stem) of Sūraṇa

Attribute : Light.

Action : It increases the sexual desire and stimulates the power of digestion.

Specific action : Promotes appetite and alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures specially, *arśas* (piles).

Wild Variety of Sūraṇa

Syn. : *Vajra kanda, surendra* and *citra kanda.*

Specific action : Alleviates *kapha* and promotes *rakta* (blood).

Note : It aggravates *pitta.*

[VII. 92–95]

अस्थिश्रृंखलिकानामगुणाः

अस्थिश्रृंखलिका वज्री[60] ग्रन्थिमानस्थिसंहतिः ।। 96 ।।

अस्थिश्रृंखलिका वृष्या श्लेष्मला मधुरा हिमा ।
अस्थिसन्धानकृद्बल्या पित्तरक्तानिलापहा ।। 97 ।।

हाडभंगानामगुणाः

Asthiśṛṅkhalikā (Cissus quadrangularis)

Syn. : *Asthiśṛṅkhalikā, vajrī, granthimān* and *asthisaṃhati.*

Taste : Sweet.

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60. (क) वृष्वी

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Potency : Cold.

Specific action : Aphrodisiac, strength promoting and alleviator of *pitta*, *vāyu* and vitiated blood.

Therapeutic usage : It helps in the union of fractured bones.

Note : It aggravates *kapha*.

[VII. 96–97]

वाराहीनामगुणाः

वाराही मागधी गृष्टिस्तत्कन्दः सौकरः कटिः ।।98 ।।

[89 R.] सौकरः पित्तलो वर्ण्यः स्वादुस्तिक्तो रसायनः ।
आयुःशुक्राग्निकृन्मेहकफकुष्ठानिलापहः ।। 99 ।।

वाराहिकन्दनामगुणाः

Vārāhī (Tacca aspera)

Syn. : *Vārāhī*, *māgadhī*, *gṛṣṭi*, *vārāhī kanda*, *saukara* and *kuṭi*.

Taste : Sweet and bitter.

Action : Stimulant of power of digestion.

Specific action : Rejuvenating, promoter of complexion, longevity and semen, and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes) and *kuṣṭha* (obstinate skin diseases including leprosy).

[VII. 98–99]

मुसलीनामगुणाः

मुसली तालपत्री स्यात् बलिनी[61] तालमूलिका ।
मुसली बृंहणी वृष्या[62] वीर्योष्णाऽर्शोनिलापहा ।। 100 ।।

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61. (ख) खलिनी 62. (ख) बल्या

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Musalī (Chloryphytum tuberosum)

Syn.: Musalī, tālapatrī, balinī and *tālamūlikā.*

Potency : Hot.

Specific action : Aphrodisiac, nourishing and alleviator of *vāyu.*

Therapeutic usage : Cures *arśas* (piles).

[VII. 100]

कंचुकनामगुणाः

कंचुका[63] पीलुनी पीलुः फेलुका दलशालिनी ।
कंचुकं[64] वातलं ग्राहि दीपनं कफपित्तनुत् ।। 101 ।।

केन्दुनामगुणाः

Kañcuka

Syn. : *Kañcukā, pīlunī, pīlu, phelukā* and *dala śālinī.*

Action : Digestive stimulant.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Note : It aggravates *vāyu.*

[VII. 101]

(खुंव) भूच्छत्रनामगुणाः

भूच्छत्रं पृथिवीकन्दः शिलीन्ध्रं कन्दकं[65] मतम् ।
भूच्छत्रं शीतलं बल्यं गुरु भेदि त्रिदोषजित् ।। 102 ।।

Bhūcchatra (Mushroom)

Syn. : *Bhūcchatra, pṛthivīkanda, śilīndhra* and *kandaka.*

Attribute : Heavy.

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63. (क) केन्दुका 64. (क) केन्दुकं 65. (ख) बलकं

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Potency : Cold.

Specific action : Purgative, strength promoting and alleviator of all the three *dosas*.

[VII. 102]

स्थूलकन्द–मानकन्दनामगुणाः

स्थूलकन्दो ग्रामकन्दो मानकन्दो[66] महाच्छदः ।। 103 ।।

स्थूलकन्दो गुरुः श्लेष्मवातलः पित्तशोथजित् ।
मानकः शीतलः स्वादुः पित्तरक्तहरो गुरुः ।। 104 ।।

स्थूलकन्द माणकन्द

Sthūlakanda (Alocasia macrorrhiza)

Syn. : *Sthūla kanda* and *grāma kanda*.

Attribute : Heavy.

Specific action : Alleviates *pitta*.

Therapeutic usage : Cures *śotha* (oedema).

Note : It aggravates *kapha* and *vāyu*.

Mānakanda (Alocasia indica)

Syn. : *Mānakanda* and *mahācchada*.

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Alleviates *pitta* and *rakta* (vitiation of blood).

[VII. 103–104]

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66. (क) माणकोऽन्य

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कसेरुशृंगाटकयोर्नामगुणाः

कसेरुकं स्वल्पकन्दं बृहद्राजं कसेरुजम् ।
शृंगाटो जलकन्दः स्यात्त्रिकोणस्त्रिपुटस्त्रिकः[67] ।। 105 ।।

कसेरुकं हिमं स्वादु गुरु पित्तास्रदाहजित् ।
ग्राहिशुक्रा[68]निलश्लेष्मप्रदं शृंगाटकं तथा ।। 106 ।।

कशेरुसिंहडानामगुणाः

Kaseru (Scirpus grossus)

Syn. : *Kaseruka, svalpa kanda, bṛhad rāja* and *kaseruja.*

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Alleviates *pitta.*

Therapeutic usage : Cures *asra* (vitiation of blood) and *dāha* (burning syndrome).

Śṛṅgāṭa (Trapa bispinosa)

Syn. : *Śṛṅgāṭa, jalakanda, trikoṇa, tripuṭa* and *trika.*

Specific action : Increases *śukra* (semen) and is constipative.

Note : It aggravates *kapha* and *vāyu.*

[VII. 105–106]

पिण्डालुनामगुणाः

पिण्डालुको वृष्यगन्धो मध्वालुः स्यात्तु रोमशम् ।
शंखालुश्चित्रसंका[69]शः काष्ठालुः स्वल्पकाष्ठकम् ।
हस्तालुकं महाकाष्ठं रक्तालु रक्तकन्दकः[70] ।। 107 ।।

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67. (ख) ०कोणस्त्रिकटुः स्मृतः
68. (ख) पित्तानिल० 69. (क) ०शंखसंकाश० 70. (ख) रक्तकन्दं महाफलम्

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आलुकं शीतलं सद्यो विष्टम्भि मधुरं सरम् ।
[90 R.] सृष्टमूत्रामलं[71] रूक्षं दुर्जरं रक्तपित्तनुत् ।
कफानिलकरं बल्यं वृष्यं स्तन्यविवर्धनम् ।। 108 ।।

पिण्डालुकमभिष्यन्दि तिक्तोष्णं दोषलं गुरु ।
मध्वालुकं पित्तकरं स्वादु[72] पाके कफापहम् ।। 109 ।।

पिण्डालु–मध्वालु–शंखालु–काष्ठालु–हस्त्यालु

Ālu (Root Tubers and Bulbils of Dioscorea Sp.)

Following are the varieties of *ālu* :

I *Piṇḍālu* : Syn.:*Vṛṣyagandha.*

II *Madhvālu* which is hairy.

III *Śaṅkhālu* which is variegated in colour.

IV *Kāṣṭhālu* which has a small woody pith.

V *Hast(y)ālu* which has a large woody pith.

VI *Raktālu* whose root is red in colour.

Āluka in General

Taste : Sweet.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Laxative, strength promoting, aphrodisiac and promoter of breast - milk.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : i) It is *sadyaḥ viṣṭambhi* (which immediately produces wind in the abdomen).

ii) It produces urine and faeces.

iii) It is difficult for digestion.

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71. (ख) सूक्ष्मं च मूत्रलं 72. (ख) कटु

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iv) It aggravates *kapha* and *vāyu*.

Piṇḍāluka (Dioscorea alata)

Taste : Bitter.

Attribute : Heavy.

Potency : Hot.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It aggravates the *doṣas*.

Madhvālu (Diascorea esculenta)

Vipāka : Sweet.

Specific action : Alleviates *kapha*.

Note : It aggravates *pitta*.

[VII 107–109]

केयूरनामगुणाः

केयूरं[73] स्वल्पविटपं केन्दुकः[74] स्वादुकन्दलः[75] ॥ 110 ॥

केयूरं[76] शीतलं ग्राहि पित्तलं कफवातजित् ॥ 111 ॥

Keyūra (Dioscorea bulbifera)

Syn. : *Keyūra, svalpa viṭapa, kenduka* and *svādu kandala*.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *vāyu*.

Note : It vitiates *pitta*.

[VII. 110–111]

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73. (क) केलूटं
74. (क) कन्दलः
75. (क) स्वादुकण्टकः
76. (क) केलूट
77. (क) जरटं
78. (ख) वातशीतपित्तानिलाहतम्

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अतिजीर्णमकालोत्थं रूक्षं स्निग्धमभूमिजम् ।
जरठं[77] कोमलं चातिशीतव्यालविदूषितम्[78] ।
शुष्कं शाकं च सकलं नाश्नीयान्मूलकैर्विना ।। 112 ।।

Prohibitions

All types of *śāka* (vegetables) which have following characteristics should not be eaten :

i) *Atijīrṇa* (very old or over matured);

ii) *Akālottha* (unseasonal);

iii) *Rūkṣa* (ununctuous);

iv) *Snigdha* (unctuous);

v) *Abhūmija* (not grown on ground);

vi) *Jaraṭha* (decayed);

vii) *Komala* (soft);

viii) *Atiśīta* (exposed to excessively cold-wind);

ix) *Vyāladūṣita* (infested by poisonous animals); and

x) *Śuṣka* (dry) except *mūlaka* (radish).

[VII. 112]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्णः [90 V.]
कूष्माण्डप्रभृतिरयं च शाकवर्गः ।। 113 ।।

Colophon

Description of the group of vegetables beginning with *kūṣmāṇḍa* or *Cucurbita pepo* (*Kūsmāṇḍādi varga*) in the work called *Madana vinoda* composed for the benefit of physicians by the reputed King Madana having the title *Kaṭāra malla* is completed.

[VII. 113]

इति मदनपालनिघण्टौ शाकवर्गः सप्तमः ।। 7 ।।

Thus, ends the seventh group of drugs called *Śāka varga* in *Madanapāla nighaṇṭu*.

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CHAPTER VIII

पानीयादिवर्गः

(Group of drinks)

करेण संगृह्य कुचौ[1] कपोलौ[2] मात्राऽङ्गुलीभिर्मृदुताड्यमानम् ।
मुक्तं त्वरा[3]जानुबलेन जातं[4] नमामि कृष्णं[5] नवनीतचोरम् ।। 1 ।।

Invocation

I pray Lord Krishna, the butter-thief, who while suckling the mother's breast-milk and being gently tapped by her (mother's) fingers suddenly departed running.

[VIII. 1]

अथ पानीयवर्गः

पानीयनामगुणाः

पानीयं जीवनं नीरं[6] कीलालममृतं जलम् ।
आपोऽम्भस्तोयमुदकं पाथोऽम्बु सलिलं पयः ।। 2 ।।

पानीयं शीतलं हृद्यं हन्ति पित्तविषभ्रमम् ।
दाहाजीर्णश्रमच्छर्दिमदमूर्च्छामदात्ययान् ।। 3 ।।

शीतलजलनिषेधः

शीतलं स्तिमिते कोष्ठे गलरोगे नवज्वरे ।

---

1. (क) करौ 2. (ख) कपोले 3. (क) मुकुन्दराजा० 4. (ख) पानं
5. (क) नमो महेशं 6. (क) जीवं

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Water

Syn. : *Pānīya, jīvana, nīra, kīlāla, amṛta, jala, āpa, ambha, toya, udaka, pātha, ambu, salila* and *payas.*

Potency : Cold.

Specific action : Cardiac tonic and alleviator of *pitta.*

Therapeutic usage : Cures *viṣa* (poisoning), *bhrama* (giddiness), *dāha* (burning sensation), *ajīrṇa* (indigestion), *śrama* (exhaustion), *chardi* (vomiting), *mada* (intoxication), *mūrcchā* (fainting) and *madātyaya* (alcoholism).

[VIII. 2–3]

[91 R.] ग्रहणीपीनसाध्मानहिक्कागुल्मेषु विद्रधौ ॥ 4 ॥

कासमेहारुचिश्वासपाण्डुवातामयेषु च ।
पार्श्वशूले स्नेहपीते सद्यःशुद्धौ न शस्यते ॥ 5 ॥

Contra-indications of Cold Water

Cold water should not be used in the following diseases and conditions :

— *stimita koṣṭha* (absence of peristaltic movement in the intestine);
— *gala roga* (throat diseases);
— *nava jvara* (first stage of fever);
— *grahaṇī* (sprue syndrome);
— *pīnasa* (rhinitis);
— *ādhmāna* (flatulence);
— *hikkā* (hiccup);
— *gulma* (phantom tumour);
— *vidradhi* (abscess);
— *kāsa* (cough);
— *meha* (obstinate urinary disorders including diabetes);
— *aruci* (anorexia);
— *śvāsa* (dyspnoea);

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— *pāṇḍu* (anemia);

— *vātāmaya* (diseases caused by vitiated *vāyu*).

— *pārśva śūla* (colic pain in the sides of the chest);

— immediately after the intake of *sneha* (oil, ghee, etc.); and

— after the administeration of *śodhana* (elimination) therapy (purgation, emesis, etc.)

[VII. 4 – 5]

चतुर्विधजलम्

दिव्यं तुषारजं धारं करि[7]हैममिति स्मृतम् ।
चतुर्विधं वरं दिव्यं लघुत्वात्तत्पुनर्द्विधा ।। 6 ।।

Varieties of Overground Water

[Overground] water is of four types, viz.:

I *divya* (rain-water collected before falling on the ground);

II *tuṣāraja* (water collected from dew and frost);

III *dhāra* (rain-water after it falls on the ground);

IV *karihaima* (water from hailstone and snow).

Of them, *divya* type of water is the best because of its lightness. It is again of two types as follows:

[VII. 6]

द्विविधाकाशजलम्

गाङ्गं समुद्रजं चेति गाङ्गं श्रेष्ठतमं तयोः[8] ।
आश्विने मासि सामुद्रं गुणैर्गाङ्गवदादिशेत् ।। 7 ।।

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7. (क) कारं हैममिति 8. (ख) स्मृतम्

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Two Varieties of Ākāśajala (Rain Water)

The *divya* or *ākāśa* (rain) type of water is of two types, namely, *gāṅga* (which is derived from the Ganges) and *samudraja* (which is derived from the sea.)

Gāṅga water is better than *samudraja*.

The *sāmudra* type of water which rains in the month of *āśvina* (September-October), is similar to *gāṅga* type of water in its properties.

[VIII. 7]

स्थापिते हेमजे पात्रे राजते मृन्मये नवे[9] ।
[91 V.] शाल्यन्नं येन संसिक्तं भवेदक्लेदि वर्णवत् ।
तज्जलं शीतलं ज्ञेयं दोषत्रयविषापहम् ॥ 8 ॥

Test for Gāṅga Water

If to the water, contained in a golden, silver or new earthen pot, boiled *śāli* rice is kept soaked, and it does not become *kledi* (under go deterioration) and retains its natural colour, then this water is to be determined as *Gāṅga*.

This water alleviates all the three *doṣas* and cures *viṣa* (poisoning).

[VIII. 8]

तद्गाङ्गं सर्वदोषघ्नं ज्ञेयं सामुद्रमन्यथा ।
सक्षारं लवणं मिश्रं शुक्रदृष्टिबलापहम् ॥ 9 ॥

गंगासामुद्रजललक्षणगुणाः

Properties of Gāṅga Water

It alleviates all the three *doṣas*, viz; *vāyu*, *pitta* and *kapha*.

Sāmudra Water

It is alkaline and mixed with *lavaṇa* (salt).

It reduces *śukra* (semen), *dṛṣṭi* (eye-sight) and *bala* (strength).

[VIII. 9]

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9. (ख) अपि वा

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दिव्यं त्वनिर्दिष्टरसं जीवनं तर्पणं लघु ।
रसायनं तृषामूर्च्छातन्द्रादाहक्लमापहम् ।
सौम्यं[10] रसायनं बल्यं[11] महानिद्रात्रिदोषजित् ।। 10 ।।
आश्वासजननं ह्लादि श्रमघ्नमतिबुद्धिकृत् ।
तदेव भूमिपतितं भौममित्यभिधीयते ।। 11 ।।

दिव्यजलभौमजलगुणाः

Divya Jala (Rain Water)

Taste : It has no manifested taste.

Attribute : Light.

Potency : *Saumya* (cold).

Specific action: Rejuvenating, *balya* (strength promoting), *jīvana* (life-giving), *tarpaṇa* (refreshing), giver of consolation and happiness, promoter of intellect in excess and alleviator of all the three *doṣas*.

Therapeutic usage : Cures *tṛṣā* (morbid thirst), *mūrcchā* (fainting), *tandrā* (drowsiness), *dāha* (burning syndrome), *klama* (mental fatigue), *mahānidrā* (excessive sleep) and *śrama* (exhaustion).

Bhauma Jala (Ground Water)

Divya type of water (rain water) when falls on the ground is called *bhauma jala* (ground water).

[VIII. 10 – 11]

अन्यविविधजलानां गुणाः

दिव्याभावे तु तत्तोयं प्रविचार्य गुणागुणान् ।

Attributes of Different Types of Water

When *divya* type of water (rain water) is not available, then after ascertaining the advantages and disadvantages of the different types of the ground - water, one should use them.

[VIII. 1/2 12]

[92 R.] कौपं श्लेष्महरं क्षारं पित्तलं दीपनं लघु ।। 12 ।।

कूपजलगुणाः

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10. (क) भौम्यं 11. (ख) दिव्यं

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Pāṇīyādivarga (drinks)

Kaupa Jala (Well Water)

Attribute : Light.

Action : Digestive stimulant.

Specific action : Alleviates *kapha*.

Note : i) It is *kṣāra* (alkaline).

ii) It aggravates *pitta*.

[VIII. 12 1/2]

ताडागं वातलं स्वादु तुवरं कटुपाकि च ।

Tāḍāga Jala (Pond Water)

Taste : Sweet and astringent.

Vipāka : Pungent.

Note : It aggravates *vāyu*.

[VIII. 1/2 13]

वाप्यं पित्तकरं क्षारं कटु वातकफापहम् ।। 13 ।।

Vāpya Jala (Water of Small Pond)

Taste : Pungent.

Specific action : Alleviates *vāyu* and *kapha*.

Note : i) It is alkaline.

ii) It aggravates *pitta*.

[VIII. 13 1/2]

नैर्झरं लेखनं हृद्यं कफघ्नं दीपनं लघु ।

Nairjhara Jala (Spring Water)

Attribute : Light.

Action : *Dīpana* (digestive stimulant).

Specific action : Cardiac tonic, *lekhana* (depleting) and alleviator of *kapha*.

[VIII. 1/2 14]

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क्वादं[12] लघु पित्तघ्नमविदाह्यतिदीपनम् ।। 14 ।।

पोखरी, तडाग, वाफि, झर, औद्भिद–एते जलगुणाः

Hrāda Jala (Lake Water)

Attribute : Light

Action : Exceedingly digestive stimulant.

Specific action : Alleviates *pitta*.

Note : It is *avidāhi* (which does not cause burning sensation).

[VIII. 14 1/2]

चौण्ड्यमग्निप्रदं रूक्षं स्वादु श्लेष्मकरं न च ।। 15 ।।

चुआपाणि

Caudya Jala (Water of a Big Well)

Taste : Sweet.

Attribute : Ununctuous.

Action : Stimulant of digestive power.

Note : It does not aggravate *kapha*.

[VIII. 15]

नादेयं दीपनं रूक्षं वातलं लघु लेखनम् ।। 16 ।।

नदीजलगुणाः

Nādeya Jala (River Water)

Attributes : Light and ununctuous.

Action : Digestive stimulant.

Specific action : *Lekhana* (depleting).

Note : It aggravates *vāyu*.

[VIII. 16]

सारसं मधुरं बल्यं तृष्णाघ्नं तुवरं लघु ।

---

12. (क) ओदभिदं 13. (क) शीतलं

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Sārasa Jala (*Water of Tank*)

Taste : Sweet and astringent.

Attribute : Light.

Specific action : Strength promoting.

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst).

[VIII. 1/2 17]

कैदारं स्वाद्वभिष्यन्दि विपाके गुरु दोषलम्[13] ।। 17 ।।

केदारजलगुणाः

Kaidāra Jala (*Water of Field*)

Attribute : Heavy.

Vipāka : Sweet.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It aggravates *doṣas*.

[VIII. 17 1/2]

[92 V.] पाल्वलं तद्वदुद्दिष्टं विशेषात्सर्वदोषकृत् ।। 18 ।।

गडिआ जल

Pālvala Jala (*Water of Small Pond*)

This water is similar to *kaidāra* (water of field) in properties. Specifically, it aggravates all the *doṣas*.

[VIII. 18]

तौषारं वातलं शीतं रूक्षं पित्तकफापहम् ।। 19 ।।

काकर जल

Tauṣāra Jala (Water from Dew & Frost)

Attribute : Ununctuous.

Potency : Cold.

Specific action : Alleviates *pitta* and *kapha*.

Note : It aggravates *vāyu*.

[VIII. 19]

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आकाशजलगुणाः

धारं भूमावपतितं दिव्यं तत्सर्वदोषनुत् ।

Rain Water

Divya (rain) water before it falls on the earth, viz; collected directly from the sky alleviates all the *doṣas*.

[VIII. 1/2 20]

कारं[14] गुरु हिमं रूक्षं[15] विशदं कफवातनुत्[16] ।। 20 ।।

***Kāra Jala* (*Water from Hailstone*)**

Attributes : Heavy, ununctuous and *viśada* (non-slimy).

Potency : Cold.

Specific action : Alleviates *kapha* and *vāyu*.

[VIII. 20 1/2]

हैमजलगुणाः

हैमं गुरुतरं शीतं पित्तनुद्भ्रातवर्द्धनम् ।

***Haima Jala* (*Water from Snow*)**

Attribute : Comparitively heavy.

Potency : Cold.

Specific action : Alleviates *pitta*.

Note : It aggravates *vāyu*.

[VIII. 1/2 21]

चन्द्रकान्तजलं रूक्षं लघु पित्तविषाम्रनुत् ।। 21 ।।

***Candrakānta Jala* (*Water Collected with the Help of a Moon - Stone*)**

Attributes : Light and ununctuous.

---

14. (ख) नैर्झरं 15. (ख) वै प्रोक्तं

16. (ख) गुरु रूक्षं हि विशदं कफवातकृत ।

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Specific action : Alleviates *pitta.*

Therapeutic usage : Cures *viṣa* (poisoning) and *asra* (vitiation of blood).

[VIII. 21 1/2]

स्निग्धं स्वादु हिमं ह्यं दीपनं बस्तिशोधनम् ।
वृष्यं पित्तपिपासानुत् नारीकेलोदकं लघु ।। 22 ।।

नारीकेलजल

Nārikela Jala (*Coconut Water*)

Taste : Sweet.

Attributes : Light and unctuous.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Aphrodisiac, cardiac tonic and alleviator of *pitta.*

Therapeutic usage : Cures *pipāsa* (morbid thirst). It cleanses *basti* (urinary bladder).

[VIII. 22]

हंसोदकगुणाः

दिवाकरैर्जुष्टं निशि शीतकरांशुभिः ।
ज्ञेयं हंसोदकं नाम स्निग्धं दोषत्रयापहम् ।। 23 ।।

अनभिष्यन्दि निर्दोषमन्तरिक्षजलोपमम् ।
[93 R.] बल्यं रसायनं मेध्यं शीतं लघु सुधोपमम् ।। 24 ।।

Haṃsodaka

Definition : Water which is exposed to the sun's rays during the day time and to the moon's rays at night is called *haṃsodaka.*

Attributes : Light and unctuous.

Potency : Cold.

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Specific action : *Rasāyana* (rejuvenating), *balya* (strength promoting), *medhya* (intellect promoting) and alleviator of all the three *doṣas*, namely, *vāyu*, *pitta* and *kapha*.

Note : i) It is like *antarikṣa jala* (water collected directly from the sky).

ii) It is free from defects.

iii) It is *anabhiṣyandi* (which does not obstruct the channels of circulation).

iv) It is like an ambrosia.

[VIII. 23 – 24]

ऋतुभेदेन जलभेदाः

वर्षासु दिव्यं पानीयमौद्भिदं वा प्रशस्यते ।
शरत्प्रसन्नमुदकमगस्त्योदयनिर्विषम् ।। 25 ।।

हेमन्ते सारसं तोयं ताडागं वा गुणावहम् ।
वसन्तग्रीष्मयोः कौप्यं वाप्यं नैर्झरमेव च ।
प्रावृषि तु वरं चौण्ड्यमविष्टम्भिमथाखिलम् ।। 26 ।।

Water in Different Seasons

During rainy season, *divya* (water collected directly from the sky) or *audbhida* (water that comes out by piercing the earth) type of water is useful.

During autumn, clean water which is impregnated with the rays of *Agastya* (star Canopus) and has become free from poison is useful.

In *hemanta* (early winter), *sārasa* (water of big tank) or *tāḍāga* (water of pond) is useful.

In spring and summer season, water of well, samll pond and sping is useful.

In the rainy season, water fror *cauṇḍya* (big well) and all other types of water which are *aviṣṭambhi* (do not aggravate *vāyu*) are useful.

[VIII. 25 – 26]

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नदीजलगुणाः

नद्यः शीघ्रवहा लघ्व्यः सर्वा याश्चामलोदकाः ।
मन्दगाः कलुषा गुर्व्यो याश्च शैवालसेविताः ।
हिमवत्प्रभवाः पथ्या नद्योऽश्माहतपाथसः ।। 27 ।।

Attributes of River - Water

Rivers flowing with strong current and having clean water are light. Rivers flowing with slow current, full of dirt and associated with *śaivāla* (moss) are heavy. Water from rivers which originate from the Himalayas and pass through stones is wholesome.

[VIII. 27]

[93 V.] गङ्गाशतद्रूसरयूयमुनाद्या गुणोत्तमाः ।
ईषत्पित्तकराः स्वच्छाः पुण्या वातकफापहाः ।। 28 ।।

Water form the Gaṅgā, Śatadrū, Sarayū and Yamunā has excellent properties.

Water of these rivers is clean and sacred. It alleviates *vāyu* and *kapha* and slightly aggravates *pitta*.

[VIII. 28]

मलयाचलजा नद्यो लघ्व्यः शीघ्रवहा हिताः ।
कृतमालाताम्रपर्णीप्रमुखा विमलोदकाः ।। 29 ।।

The rivers whose source is the Malaya mountain are of strong current, light and useful.

The rivers like Kṛtamālā and Tāmraparṇi carry clean water.

[VIII. 29]

स्थिरापास्तत्प्रभूता या[17] कुर्वन्ति श्लीपदापचीः ।
शोथपादशिरःकण्ठगलरोगार्बुदक्रिमीन् ।। 30 ।।

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17. (क) स्थिरास्तदुद्भवा एव

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The rivers whose water is stable, and other rivers originating from these produce *ślīpada* (filariasis), *apacī* (cervical adenitis), *śotha* (oedema), diseases of feet, head, throat and neck, *arbuda* (tumour) and *krimi* (parasitic infestation).

[VIII. 30]

सह्यशैलभवा नद्यो वेणीगोदावरीमुखाः ।
कुर्वन्ति प्रायशः कुष्ठमीषद्वातकफापहाः ॥ 31 ॥

The rivers like Veṇī, Godāvarī, etc. whose source is the Sahya mountain, carry water which usually causes *kuṣṭha* (obstinate skin diseases including leprosy). Water of some of these rivers alleviates *vāyu* and *kapha*.

[VIII. 31]

विन्ध्याचले भवाः शिप्रारेवाद्याः पाण्डुकुष्ठदाः ।

The rivers like Śiprā, Revā, etc., whose source is the Vindhyācala mountain carry water which produces *pāṇḍu* (anemia) and *kuṣṭha* (obstinate skin diseases including leprosy).

[VIII. 1/2 32]

पारियात्रोद्भवाः प्रोक्ता द्विधा चर्मण्वतीमुखाः[18] ॥ 32 ॥

[94 R.] पथ्यास्तडागजास्तत्र त्रिदोषघ्न्यो बलापहाः ।
दरीजाः कुष्ठकण्ड्वग्निश्लेष्मश्लीपदरोगदाः ॥ 33 ॥

The rivers like Carmaṇvatī, whose source is the Pāriyātrā mountain, are of two types :

i) *Rivers which are originated from taḍāga (pond)* : Water of rivers alleviates all the three *doṣas* and reduces strength.

ii) *Rivers which are originated from darī (caves)* : Water of these rivers produces *kuṣṭha* (obstinate skin diseases including leprosy), *kaṇḍū* (itches), *kapha*, *ślīpada* (filariasis) and *agni* (power of digestion).

[VIII. 32 1/2 – 33]

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18. (क) वर्मत्वतीमुखाः

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प्राच्यावन्त्यपराऽन्याश्च गुदजानि[19] प्रकुर्वते ।
मरुजा मधुरा बल्या लघवोऽग्निप्रदाः परम् ।। 34 ।।

Water of other rivers which flows towards the east causes *gudaja* (piles). The rivers originating from deserts carry water which has following properties :

Taste : Sweet.
Attribute : Light.

Action : Excessively stimulant of digestion.

Specific action : Strength promoting.

[VIII. 34]

पश्चिमाम्भोधिपतिता गोमतीनर्मदादयः ।
पथ्या वातास्रपित्तघ्न्यो बल्याः कण्डूकफापहाः[20] ।। 35 ।।

The rivers Gomatī, Narmadā, etc., which flow towards the sea in the west carry water which has following properties :

Specific action : Strength promoting and alleviator of *pitta* and *kapha*.

Therapeutic usage : Cures *vātāsra* (gout) and *kaṇḍū* (itching)

[VIII. 35]

दक्षिणाब्धिगता बल्याः पित्तघ्नः कफवातदाः ।
पूर्वाम्भोधिवहा नद्यो मन्दगा गुरवो मताः[21] ।। 36 ।।

The rivers which flow towards the sea in the south carry water, which has following properties:

Specific action : Strength promoting and alleviator of *pitta*.

Note : It aggravates *kapha* and *vāyu*.

The rivers which flow towards the sea in the east are of slow current and their water is heavy.

[VIII. 36]

बलपौरुषविध्वंसि सागराम्भस्त्रिदोषकृत् ।। 37 ।।

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19. (ख) ०पराः पश्चाद्गुदजानि 20. (क) कटुकुष्ठविषापहाः 21. (ख) घनाः

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Sea Water

It reduces strength and virility.

It aggravates all the three *doṣas*.

[VIII. 37]

जलग्रहणकालः

भौमानामम्भसां प्रातः सर्वेषां ग्रहणं वरम् ।
नैर्मल्यं तत्र शैत्यं[22] यत्तेषां स च परो गुणः ।। 38 ।।

Time of Collection

All types of water available on the ground should be collected early in the morning, because during this time, they are clean and cold par excellence.

[VIII. 38]

भक्तादौ[23] सलिलं पीतं कार्श्यमन्दाग्निदोषकृत् ।
[94V.] मध्येऽग्निदीपनं श्रेष्ठमन्ते स्थौल्यकफप्रदम् ।। 39 ।।

Time of Taking Water

Water taken before taking food causes *kārśya* (emaciation) and *mandāgni* (suppression of the power of digestion). When it is taken during eating, it stimulates the power of digestion, and this is the best. If it is taken after the meal, then it causes *sthaulya* (adiposity) and aggravation of *kapha*.

[VIII. 39]

विविधप्रकारेण जलपानविधिः

जीवनं जीविनां जीवो जगत्सर्वं तु तन्मयम् ।
ततोऽत्यन्ततया सुज्ञैर्न क्वचिद्वारि वार्यते ।। 40 ।।

पानीयं प्राणिनां प्राणा विश्वमेव हि तन्मयम् ।
अतोऽत्यन्तनिषेधेऽपि न क्वचिद्वारि वार्यते ।। 41 ।।

Different Modes of Taking Water

Water is the life of all living beings and the entire world is pervaded by water. Therefore, intake of water should never be prohibited by the wise

22. (ख) तत्तेषां 23. (ख) भुक्त्यादौ

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persons in spite of strong contraindications. [Verse no. 41 appears to be a repetition]

[VIII. 40 – 41]

क्वचिदुष्णं क्वचिच्छीतं क्वचित्क्वथितशीतलम् ।
क्वचिदन्यसमायुक्तं न क्वचिद्वारि वर्जयेत् ।। 42 ।।

In some cases, hot water should be taken, in some cases cold water should be taken, and in some other cases cold water after boiling or water boiled by adding other drugs should be taken. However, it should never be prohibited.

[VIII. 42]

पानीयं न तु पानीयं पानीयोऽन्यप्रदेशजे[24] ।
अजीर्णे क्वथितं चामे पक्वेऽजीर्णे च निर्मलम्[25] ।। 43 ।।

Water of another place should not be taken. In *ajīrṇa* (indigestion) associated with *āma* (first stage) boiled water and in *pakva* (later) stage of *ajīrṇa* (indigestion), clean water should be taken.

[VIII. 43]

तृषितस्तु विदग्धेऽन्ने यः पिबेच्छीतलं जलम् ।
विदाहः प्रशमं याति शेषमन्नं च जीर्यति ।। 44 ।।

If there is *vidagdha* (incomplete digestion) stage of food and if the person is thirsty, then he should take cold water. By this, *vidāha* (burning sensation) gets cured and residual food gets digested.

[VIII. 44]

आनूपादिजलम्

आनूपं दोषकृद्वारि प्रायोऽभिष्यन्दि निन्दितम् ।
जाङ्गलं हन्ति सकलं दोषमग्निप्रदीपनम् ।
साधारणं हिमं स्वादु तृष्णाघ्नं हर्षदं लघु ।। 45 ।।

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24. (ख) पानीयं च प्रदेशयेत् 25. (क) तु नेतरे

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Properties

Ānūpa Jala (Water found in Marshy Areas)

This type of water is *abhiṣyandi* (which obstructs the channels of circulation), despisable and aggravator of *doṣas.*

Jāṅgala Jala (Water found in Arid Areas)

This type of water stimulates the power of digestion and alleviates all the *doṣas.*

Sādhāraṇa Jala (Water found in the Land of Moderate Nature)
Taste : Sweet.

Attribute : Light.

Potency : Cold.

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst).

Note : It causes exhileration.

[VIII. 45]

अपेयजलम्

वर्षासु योऽवगाहेत पिबेदथ नवं पयः ।
पर्णादिदुष्टं लभते स बाह्याभ्यन्तरामयान् ।। 46 ।। [95 R.]

Prohibited Water

In rainy season, a person who takes bathes in fresh rain water, who takes fresh water (water which is collected from the ground immediately after rain) and water which is mixed or polluted with leaves, etc., suffers from external and internal diseases.

[VIII. 46]

कलुषं छन्नमम्भोजपर्णनील[26]तृणादिभिः ।
दुष्टगन्धाद्यसंस्पृष्टं सूर्याचन्द्रमसांशुभिः ।। 47 ।।

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26. (क) ०पर्णनीलीतृणा०

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व्यापन्नमिति जानीयात्सर्वदोषप्रकोपकृत् ।
तोयं तद्वर्जयेत्सर्वं यच्च्यान्यर्तुसमुद्भवम् ।। 48 ।।

Polluted Water

Water which is *kaluṣa* (dirty or uncleaned), covered with lotus leaves, moss, grass, etc., which has putrid smell, etc. and which is not exposed to the rays of sun as well as moon is to be considered as polluted water.

This polluted water vitiates all the three *doṣas*.

Water collected of unseasonal rain should also not be taken.

[VIII. 47 – 48]

व्यापन्नजलशोधनविधिः

व्यापन्नमपि पानीयं क्वथितं सूर्यतापितम् ।
तप्तायः सूर्यसिकताग्रावादिष्वथ धारितम् ।। 49 ।।

कर्पूरपूरपुन्नागपाटलादिसुवासितम् ।
स्वच्छं कनकमुक्ताद्यैः शीतं दोषाय न क्वचित् ।। 50 ।।

Method for Removing Pollution

Polluted water should be boiled and exposed to the sun rays. In this water, hot piece of iron, *sūryamaṇi*, sand pebbles, etc. should be immersed. Then this should be impregnated with *karpūra*, *pūra* (*guggulu*), *punnāga*, *pāṭalā*, etc. This clean water should be cooled by adding *kanaka* (gold), *muktā* (pearl), etc. This cold water never aggravates *doṣas* (is not harmful).

[VIII. 49 – 50]

क्वथितजलगुणाः

यत्क्वाथ्यमानं[27] निष्फेनं निर्वेगं निर्मलं जलम् ।
तत्सर्वदोषशमनं दीपनं पाचनं लघु ।। 51 ।।

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27. (ख) तत्क्वा०

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Boiled Water

The water which is boiled, free from foam and movement, and clean possesses the following properties :

Attribute : Light.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : Alleviates all the *doṣas*, viz., *vāyu*, *pitta* and *kapha*.

[VIII. 51]

उष्णं तदग्निजननं लघ्व[28]च्छबस्तिशोधनम् ।
पार्श्वरुक्पीनसाध्मानहिक्कानिलकफापहम् ।। 52 ।।

Hot Water

Attribute : Light.

Action : Stimulates the power of digestion.

Specific action : Alleviates *vāyu* and *kapha*.

Therapeutic usage : Cures *pārśva ruk* (pain in the sides of the chest), *pīnasa* (rhinitis), *ādhmāna* (flatulence) and *hikkā* (hiccup).

Note : It cleanses *basti* (urinary tract).

[VIII. 52]

तत्पादहीनं वातघ्नमर्द्धहीनं च पित्तजित् ।
[95 V.] त्रिपादहीनं श्लेष्मघ्नं संग्राह्यग्निप्रदं लघु ।। 53 ।।

निहन्ति श्लेष्मसङ्घातं मारुतं चापि कर्षति[29] ।
अजीर्णं जरयत्याशु पीतमुष्णोदकं निशि[30] ।। 54 ।।

पादावशेषं सलिलं ग्रीष्मे शरदि शस्यते ।
हेमन्ते शिशिरे वर्षास्वर्द्धहीनं मधावपि ।। 55 ।।

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28. (ख) लघ्वेतद्बस्तिशोधनम् 29. (क) कफसंचय 30. (क) शीतम्

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Water Reduced to 3/4th After Boiling

It alleviates *vāyu*.

Water Reduced to Half After Boiling

It alleviates *pitta*.

Note : It is useful in *hemanta* (early winter), *śiśira* (late winter), *varṣā* (rainy season) and spring season.

Water Reduced to 1/4th After Boiling

Attribute : Light.

Action : Stimulates the power of digestion.

Specific action : Constipative and alleviator of *kapha*.

Note : It is useful in summer and autumn.

Intake of Hot Water at Night

When hot water is taken at night, it clears the adhesion of *kapha*, help in the elimination of *vāyu* and removes indigestion immediately.

[VIII. 53 – 55]

श्रृतशीतादिजलगुणाः

श्रृतशीतं सदा पथ्यं लघु नीरं त्रिदोषनुत् ।
तच्च[31] पर्युषितं निन्द्यं मलीभूतं[32] त्रिदोषकृत् ।। 56 ।।

दिवा श्रृतं पयो रात्रौ गुरुतामधिगच्छति ।
रात्रौ श्रृतं दिवा पीतं तथा दोषकरं परम्[33] ।। 57 ।।

Cold Water After Boiling

Attribute : Light.

Specific action : Alleviates all the three *doṣas*.

Note : i) This water is always wholesome.

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31. (क) तद्वत 32. (ख) निघ्नमल्लीभूतं 33. (क) गुरुत्वमधिगच्छति

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ii) This water is harmful if stale (kept over night) and it becomes full of impurities (or polluted).

It aggravates all the three *doṣas*.

If the water is boiled during the day time and kept over night, it becomes heavy. Similarly, if water is boiled at night and taken next day, it excessively aggravates all the *doṣas*.

[VIII. 56 - 57]

जलजीर्णकालः

आमं जलं जीर्यति याममात्रं[34] तदर्धमात्रं शृतशीतवारि ।
मुहूर्तमात्रं जलमुष्णमुक्तं त्रिधेति चोक्तो जलजीर्णकालः ।। 58 ।।

Time Taken for the Digestion of Water

Unboiled water gets digested in one *yāma* (three hours). The water which is boiled and cooled gets digested in half *yāma* (one and a half hour). The water which is boiled and warm takes one *muhūrta* (forty - eight minutes) for digestion. These are the three different times for the digestion of water.

[VIII. 58]

अरोचके प्रतिश्याये प्रसेके श्वयथौ क्षये । [96 R.]
मन्दाग्नावुदरे कुष्ठे[35] च ज्वरे नेत्रामये तथा ।
व्रणे च मधुमेहे च पानीयं मन्दमाचरेत् ।। 59 ।।

इति पानीयवर्गः

Taking Less of Water

In *arocaka* (anorexia), *pratiśyāya* (coryza), *praseka* (salivation), *śvayathu* (oedema), *kṣaya* (consumption), *mandāgni* (suppression of the power of digestion), *udara* (obstinate abdominal diseases including ascites), *kuṣṭha* (obstinate skin diseases including leprosy), *jvara* (fever), *netrāmaya* (eye-diseases), *vraṇa* (ulcer) and *madhumeha* (diabetic mellitus), one should take less quantity of water.

[VIII. 59]

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34. (क) याममात्रात 35. (ख) मन्दाग्नौ बद्धकोष्ठे

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रोगविशेषे जलविशेषः

तृषितो मोहमाप्नोति मोहात्प्राणैर्विमुच्यते ।
तस्मात्सर्व प्रयत्नेन क्वचिद् वारि न वर्जयेत् ।।60।।

मूर्च्छापित्तोष्णदाहेषु विषे रक्ते च दापयेत् ।।61।।

Importance of Water

A thirsty person (if not given water) becomes unconscious and succumbs to death. Therefore, with all care, water should not be prohibited.

In *mūrcchā* (fainting), vitiation of *pitta, uṣṇa* (excessive hot feeling), *dāha* (burning sensation), *viṣa* (poisoning) and vitiation of blood, water should be given.

[VIII. 60 – 61]

श्रमक्लमपरिक्षेपे तमकेऽथ क्षुतौ तथा ।
उर्द्ध्वगे रक्तपित्ते च उष्णाम्बु परिवर्जयेत् ।। 62 ।।

Prohibition of Warm Water

In *śrama* (exhaustion), *klama* (mental fatigue), *parikṣepa* (convulsions), *tamaka śvāsa* (a type of bronchial asthma), *kṣut* (hunger) and *ūrdhvaga rakta pitta* (bleeding through upper parts of the body), intake of hot water should be avoided.

[VIII. 62]

शीतजलनिषेधः

पार्श्वशूले प्रतिश्याये वातरोगे गलग्रहे ।
आध्माने तिमिरे कोष्ठे सद्यःशूले नवज्वरे ।

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हिक्कायां स्नेहपीते च शीताम्बु परिवर्जयेत् ।। 63 ।।

Prohibition of Cold Water

In *pārśva śūla* (pain in the sides of the chest), *pratiśyāya* (coryza), *vāta roga* (diseases caused by the vitiation of *vāyu*), *gala graha* (obstruction in the throat), *ādhmāna* (flatulence), *timira* (cataract), *koṣṭha* (constipation), *sadyaḥ śūla* (freshly occuring colic pain), *nava jvara* (beginning stage of fever), *hikkā* (hiccup) and *sneha pāna* (immediately after oleation therapy), cold water should be avoided.

[VIII. 63]

अत्यम्बुपानदोषाः

अत्यम्बुपानाद् व्रजते च वह्निर्विनाऽम्बुपानेन भवन्ति रोगाः ।
तस्मान्नरो वह्निविवर्धनार्थं मुहुर्मुहुर्वारि पिबेदभूरि ।। 64 ।।

Taking the Excess of Water

If water is taken in excess, it suppresses the power of digestion. If water is not taken at all, it produces several ailments. Therefore, with a view to promoting the power of digestion, one should take water very frequently in small quantities.

[VIII. 64]

दुग्धनामगुणाः

दुग्धं प्रस्रवणं क्षीरं सौम्यं संजीवनं पयः ।। 65 ।।

दुग्धं बलकरं शीतं मधुरं वातपित्तजित् ।
स्निग्धं रसायनं मेध्यं जीवनं धातुवर्द्धनम् ।
रेतो[36]रक्तगदश्वासक्षयार्शोभ्रमनुद्गुरु ।। 66 ।।

बालवृद्धकृशादीनां स्त्रीसक्तानां प्रशस्यते ।
प्रायः प्राणभृतां सात्म्यं[37] विशेषादोजसे हितम्[38] ।। 67 ।।

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36. (ख) चेतोरक्त० 37. (ख) सात्म्यं 38. (क) विशेषात् राजसेवितम्

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Dugdha (Milk)

Syn. : *Dugdha, prasravaṇa, kṣīra, saumya, sañjīvana* and *payas.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Rejuvenating, life-giver, promoter of strength, intellect and tissue elements as well as alleviator of *vāyu* and *pitta.*

Therapeutic usage : Cures diseases of semen and *rakta* (blood), *śvāsa* (dyspnoea), *kṣaya* (consumption), *arśas* (piles) and *bhrama* (giddiness).

Note : i) Milk is useful for children, old and emaciated persons.

ii) It is useful for persons who excessively indulge in sex.

iii) It is generally wholesome for living beings.

iv) It is specially useful for *ojas* (vital fluid).

[VIII. 65 – 67]

गोदुग्धगुणाः

गोक्षीरं मधुरं शीतं गुरुस्निग्धं रसायनम् ।
बृंहणं स्तन्यकृद्वर्ण्यं जीवनं वातपित्तनुत् ।। 68 ।।

वरं कृष्णगवां क्षीरं श्वेतानां श्लेष्मलं गुरु । [96 V.]
बालवत्साविवत्सानां गवां क्षीरं त्रिदोषकृत्[39] ।। 69 ।।

वयो गुरुतरं वत्सो यथा चास्य प्रवर्धनम् ।
पिशिताकारसंस्थानं क्षीरं गुरु कफावहम् ।
पिण्याकाद्यशनाज्जातं क्षीरं गुरु कफापहम् ।। 70 ।।

Go-Dugdha (Cow's Milk)

Taste : Sweet.

39. (क) त्रिदोषनुत

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Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Rejuvenating, nourishing, life giver, promoter of breast-milk and complexion and alleviator of *vāyu* and *pitta*.

Note : i) The milk of a black cow is the best.

ii) The milk of a white cow aggravates *kapha*, and is heavy.

iii) The milk of the cow having a very young calf or without a calf aggravates all the three *doṣas*, namely, *vāyu*, *pitta* and *kapha*.

iv) The milk of the cow which takes *piṇyāka* (cake of oil-seeds) etc., is heavy and alleviator of *kapha*.

[VIII. 68 – 70]

अजादुग्धगुणाः

आजं गव्यगुणं ग्राहि विशेषाद्दीपनं लघु ।
हन्ति क्षयार्शोऽतीसारप्रदराम्रभ्रमज्वरान् ।। 71 ।।

अजानामल्पकायत्वात्कटुतिक्तादिभक्षणात्[40] ।
स्तोकाम्बुपानाद्[41] व्यायामात्पयः सर्वगदापहम् ।। 72 ।।

Ajādugdha (Goat's Milk)

Goat's milk shares the properties of cow's milk. In addition, it has the following properties :

Attribute : Light.

Action : *Dīpana* (digestive stimulant).

Specific action : Constipative.

Therapeutic usage : Cures *kṣaya* (consumption), *arśas* (piles), *atīsāra* (diarrhoea), *pradara* (menorrhagia), *asra* (vitiation of blood), *bhrama*

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40. (क) ०कटुतिक्तनिषेवणा

41. (क) स्तोकाम्बुपानाव्यायामात्

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(giddiness) and *jvara* (fever).

Note : Since goats are of a small physique, they eat mostly pungent and bitter ingredients as food, they drink very little water and they perform a lot of physical exercise, their milk cures all diseases.

[VIII. 71 – 72]

अविदुग्धगुणाः

आविकं मधुरं केश्यं स्निग्धं वातकफापहम् ।
गुरु कासेऽनिलोद्भूते केवले चानिले वरम् ।। 73 ।।

Avi - Dugdha (Sheep's Milk)

Taste : Sweet.

Attributes : Heavy and unctuous.

Specific action : Promoter of hair and alleviator of *vāyu* and *kapha*.

Therapeutic usage : Cures *kāsa* (bronchitis) caused by *vāyu*.

Note : It is useful for a patient having aggravation of *vāyu* alone.

[VIII. 73]

महिषीदुग्धगुणाः

[97 R.] माहिषं मधुरं गव्यात्[42] स्निग्धं गुरु बलप्रदम् ।
निद्राशुक्रकरं शीतं मलाभिष्यन्दि[43] वह्निनुत् ।। 74 ।।

Mahiṣī Dugdha (Buffalo's Milk)

Taste : Sweet.

Attributes : Heavy and unctuous (it is more unctuous than cow's milk).

Specific action : Promotes strength and *śukra* (semen) and induces sleep.

Note : i) It is *malābhiṣyandi* (which obstructs the elimination of stool).

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42. (ख) गव्यं 43. (क) शीतमभिष्यन्दीति

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ii) It suppresses the power of digestion.

[VIII. 74]

नारीदुग्धगुणाः

नार्या लघु पयः शीतं दीपनं वातपित्तजित् ।
चक्षुःशूलाभिघातघ्नं नस्याश्च्योतनयोर्वरम् ।।75 ।।

Nārī Dugdha (Woman's Milk)

Attribute : Light.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Alleviates *vāyu* and *pitta*.

Therapeutic usage : Cures pain in the eyes and injury to the eyes.

Note : It is excellent for *nasya* (inhalation therapy) and *āścyotana* (pouring into the eyes).

[VIII. 75]

हस्तिनीदुग्धगुणाः

हस्तिन्याः स्वादु बलकृच्चक्षुष्यं शीतलं गुरु ।। 76 ।।

Hastinī Dugdha (Elephant's Milk)

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Promotes eye-sight and strength.

[VIII. 76]

औष्ट्रदुग्धगुणाः

औष्ट्रं स्वादुरसं रूक्षं लवणं लघु दीपनम् ।
कृमिकुष्ठकफानाहशोथोदरहरं सरम्[44] ।। 77 ।।

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44. (क) परम्

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Auṣṭra Dugdha (Camel Milk)

Taste : Sweet and saline.

Attributes : Light and ununctuous.

Action : Digestive stimulant.

Specific action : Laxative and alleviator of *kapha.*

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy), *ānāha* (flatulence), *śotha* (oedema) and *udara* (obstinate abdominal diseases including ascites).

[VIII. 77]

आश्वदुग्धगुणाः

आश्वमुष्णं पयो रूक्षं बल्यं शोषानिलापहम्[45] ।
लवणाम्लं लघु स्वादु सर्वमैकशफं तथा ।। 78 ।।

Āśva Dugdha (Mare Milk)

Taste : Sweet, saline and sour.

Attributes : Ununctuous and light.

Specific action : Promotes strength and alleviates *vāyu.*

Therapeutic usage : Cures *śoṣa* (consumption).

Note : Milk of all animals having one hoof shares the properties of mare's milk.

[VIII. 78]

धारोष्णादिदुग्धगुणाः

धारोष्णं दीपनं बल्यं लघु शीतं त्रिदोषनुत् ।
मुहूर्त्तत्रितयादूर्ध्वं पयो भजति विक्रियाम् ।
तदेव द्विगुणे काले विषवद्धन्ति मानवम् ।। 79 ।।

45. (ख) वातकफापहम्

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तस्माच्छीतगुणं तत्स्यात् पयस्तात्कालिकं पिबेत् ।
सुधासमं तदेव स्याद्धाराशीतं त्रिदोषकृत् ।। 80 ।।

धारोष्णं शस्यते गव्यं धाराशीतं तु माहिषम् ।
[97 V.] श्रृतोष्णमाविकं पथ्यं श्रृतशीतमजापयः ।। 81 ।।

श्रृतशीतं जयेत्पित्तं श्रृतोष्णं कफमारुतौ ।
अतिपक्वं गुरु स्निग्धं वृष्यं बलविवर्द्धनम् ।। 82 ।।

आममामप्रदं क्षीरमभिष्यन्दकरं गुरु।
आममेव स्त्रियाः क्षीरं पथ्यं पक्वं तु दोषकृत् ।। 83 ।।

रात्रौ चन्द्रगुणाधिक्याद् व्यायामपरिवर्जनात् ।
प्रभातिकं पयः प्रायो विष्टम्भि गुरु बृंहणम् ।। 84 ।।

दिवाकरकराघाताद् व्यायामानिलसेवनात् ।
प्रदोषे श्रमनुद्बल्यं चक्षुष्यं वातपित्तहृत् ।। 85 ।।

Properties of Dhāroṣṇa Dugdha (Milk Which is Warm Immediately After Milking) etc.

Attribute : Light.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Promotes strength and alleviates all the three *doṣas*.

Note : This *dhāroṣṇa* milk get spoiled after three *muhūrttas* (one *muhūrta* = 48 minutes) and it kills a person like poison if taken after six *muhūrttas* (one *muhūrta* = 48 minutes). Therefore, this *dhāroṣṇa* (when it is warm immediately after milking) milk having cooling attribute should be taken immediately. It is like ambrosia. When it becomes cold after milking (*dhārā śīta*) it aggravates all the three *doṣas*, viz; *vāyu*, *pitta* and *kapha*.

Cow's milk is useful when it is *dhāroṣṇa* (when it is warm after milking); buffalo's milk is useful when it becomes *dhārā śīta* (cold after milking); sheep's milk is useful when it is warm after boiling and goat's milk is wholesome when it becomes cold after boiling.

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Milk which is cooled after boiling alleviates *pitta*, and milk which is warm after boiling alleviates *kapha* and *vāyu*.

The milk which is excessively boiled is heavy, unctuous, *vṛṣya* (aphrodisiac) and strength promoting.

Unboiled Milk

The milk which is not boiled is heavy. It produces *āma* (product of improper digestion and metabolism) and is *abhiṣyandi* (which obstructs the channels of circulation).

Only woman's milk is wholesome if it is not boiled. After boiling, it aggravates all the *doṣas*.

During night, the attributes of moon are predominant and there is no exercise. Therefore, milk obtained early in the morning is generally *viṣṭambhi* (wind forming), heavy and nourishing.

During day time, there is exposure of sun rays, exercise and wind. Therefore, evening milk alleviates *śrama* (fatigue), *vāyu* and *pitta*. It promotes strength and eye-sight.

[VIII. 79 – 85]

त्याज्यं दुग्धम्

विवर्णमम्लं दुर्गन्धि लवणं ग्रन्थितं पयः ।
वर्जयेदम्ललवणयोगात् कुष्ठाददोषकृत् ।। 86 ।।

Prohibited Milk

Milk whose colour is spoiled, which has become sour, which produces foul smell and which is of knotted appearance should not be used.

It should not be taken when mixed with sour things and salt, because this type of milk produces ailments like *kuṣṭha* (obstinate skin diseases including leprosy).

[VIII. 86]

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संतानिका

सन्तानिका स्याद् रूक्षं[46] श्रृतदुग्धोपरि स्थिता[47] ।
सन्तानिका गुरुः शीता वृष्या पित्तास्रवातनुत् ।। 87 ।। [98 R.]

Santānikā

The layer of cream which is formed on the surface of milk after boiling is known as *santānikā*.

Attributes : Heavy and ununctuous.

Potency : Cold.

Specific action : Aphrodisiac and alleviator of *pitta, vāyu* and vitiated blood.

[VII. 87]

मोरटीपीयूषादिदुग्धम्

सप्तरात्रात्परं क्षीरमप्रसन्नं तु मोरटम् ।
नष्टदुग्धं भवेन्नारं मोरटं जैय्यटोऽब्रवीत्[48] ।। 88 ।।

क्षीरं तत्कालसूतायाः पीयूषघनमुच्यते ।
पक्वं दध्ना समं क्षीरं विज्ञेया दधिकूर्चिका ।। 89 ।।

Moraṭī, Pīyūṣa, etc.

Moraṭa

After seven days of delivery, the *aprasanna* milk (which lacks in appropriate qualities) is called *moraṭa*. According to Jaiyyaṭa, the *naṣṭa* (curdled) milk which becomes like water is called *moraṭa*.

Pīyūṣa Ghana

The milk of the cow immediately after delivery is called *pīyūṣaghana* (lit. thick ambrosia).

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46. (ख) सान्तानिकं परं रूक्षं 47. (ख) स्मृता 48. (ख) नष्टदुग्धभवं मस्तु मोरटं याजयेद्भमीत् ।

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Dadhi Kūrcikā

The preparation made out by boiling equal quantities of curd and milk is called *dadhi kūrcikā*.

[VIII. 88 – 89]

तक्रकूर्चिका, किलाटादिः

तक्रेण तक्रकूर्चिका तयोः पिण्डः किलाटकः ।
पाकं विना स एव स्यात्क्षीर[49]शाकसितान्वितः ।। 90 ।।

Takra Kūrcikā, Kilāṭa, etc.

The preparation made out by boiling equal quantities of butter-milk and milk is called *takra kūrcikā*.

When this preparation is made out in a solid form (*piṇḍa*), it is called *kilāṭaka*.

If the above preparation is made out without boiling but by adding sugar, then it is called *kṣīrasaka*.

[VIII. 90]

मोरटादीनां गुणाः

मोरटस्तु सपीयूषः कूर्चिका दधितक्रयोः ।
किलाटक्षीरशाकाभ्यामेते[50] निद्रामपुष्टिदाः ।। 91 ।।

गुरवः श्लेष्मला वृष्या हृद्या वातादिनाशिकाः ।
वातला दुर्जरा रूक्षा ग्राहिणी तक्रकूर्चिका ।। 92 ।।

इति दुग्धवर्गः

Properties of Moraṭa, etc.

Moraṭa, Pīyūṣa, Dadhikūrcikā, Takra Kūrcikā, Kilāṭa and Kṣīrasāka

Attribute : Heavy.

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49. (क) स्याज्जीरशाक० 50. (ख) किलाटक्षीरशाकाश्च स्येते

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Specific action : Aphrodisiac, cardiac tonic, nourishing, inducer of sleep and alleviator of *vāta*, etc.

Note: i) They produce *āma* (a product of improper digestion and metabolism).

ii) They aggravate *kapha*.

Takra Kūrcika

Attribute : Ununctuous.

Specific action : Constipative.

Note : i) It is difficult for digestion.

ii) It aggravates *vāyu*.

[VIII. 91 – 92]

दधिनामगुणाः

दधि स्त्यानं पयः सम्यक् स्त्यानमीषत्तु मन्दकम् ।
तन्मिष्टमम्लमत्यम्लं मधुराम्लमिति स्मृतम् ।। 93 ।।

विनष्टं च बलं धन्यं मङ्गल्यं दधिसम्भवम्[51] ।
वन्दनीयं महाश्रेष्ठं दृष्ट्वा शकुनमुत्तमम् ।। 94 ।।

दध्युष्णं[52] दीपनं स्निग्धं कषायानुरसं गुरु ।
पाकेऽम्लं ग्राहि पित्तास्रशोफमेदःकफप्रदम् ।। 95 ।।

मूत्रकृच्छ्रे प्रतिश्याये शीताङ्गे[53] विषमे ज्वरे ।
अतिसारेऽरुचौ कार्श्ये शस्यते बलवर्द्धनम् ।। 96 ।।

Dadhi (Curd)

Syn.: *Dadhi* and *styāna payas* – these are the synonyms of well fermented curd. If slightly fermented, it is called *mandaka*.

Varieties : Curd is of four varieties : *miṣṭa* (sweet), *amla* (sour), *atyamla* (excessively sour) and *madhurāmla* (both sweet and sour in taste).

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51. दुग्धसम्भवम् इति पाठः सम्यक् प्रतीयते । 52. (क) लघूष्णं 53. (ख) शीतके 54. (क) रक्तपित्तघ्नं दधि

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Taste : Astringent (subsidiary taste).

Attributes : Heavy and unctuous.

Potency : Hot.

Vipāka : Sour.

Action : Digestive stimulant.

Specific action : Constipative and strength promoting.

Therapeutic usage : Cures *mūtra kṛcchra* (dysuria), *pratiśyāya* (coryza), *śītāṅga* (coldness in the body), *viṣama jvara* (irregular fever), *atisāra* (diarrhoea), *aruci* (anorexia) and *kārśya* (emaciation).

Note : i) It vitiates *pitta, kapha* and blood.

ii) It aggravates *śotha* (oedema) and *medas* (adiposity).

iii) This fermented product of milk promotes strength, prosperity and auspiciousness. It is praise-worthy and an excellent food. Its sight during journey is a good omen.

[VIII. 93 – 96]

मन्दं त्रिदोषजननं मधुरं वातपित्तजित् ।
अम्लं पित्तास्रकफकृदत्यम्लं रक्तपित्तदम् ।
मधुराम्लं गुणैर्मिश्रैर्दधि[54] पूर्ववदादिशेत् ।। 97 ।।

Manda (*Immature Curd*)

It aggravates all the three *doṣas*.

Sweet Variety of Curd

It alleviates *vāyu* and *pitta*.

Sour Variety of Curd

It aggravates *kapha*, *pitta* and blood.

Excessively Sour Curd

It produces *rakta pitta* (a disease characterised by bleeding from different parts of the body).

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Sweet and Sour Curd

It has the miscellaneous properties of different types of curd.

[VIII. 97]

गव्यादिदधिगुणाः

गव्यं दध्युत्तमं बल्यं पाके स्वादु रुचिप्रदम् ।
पवित्रं दीपनं स्निग्धं पुष्टिकृत्पवनापहम् ।। 98 ।।

Properties

Curd of Cow's Milk

Attribute : Unctuous.

Vipāka : Sweet.

Action : Digestive stimulant

Specific action : An excellent promoter of strength, appetite and nourishment and alleviator of *vāyu*.

It is sacred.

[VIII. 98]

आजं दध्युत्तमं ग्राहि लघु दोषत्रयापहम् ।
शस्यते श्वासकासार्शःक्षयकार्श्येषु दीपनम् ।। 99 ।। [99 R.]

Curd of Goat's Milk

Attribute : Light

Action : Digestive stimulant.

Specific action : Constipative and alleviator of all the three *doṣas*.

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *arśas* (piles), *kṣaya* (consuption) and *kārśya* (emaciation).

[VIII. 99]

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आविकं दधि दुर्न्नामकफवातास्र[55]कोपनम् ।
अभिष्यन्दिरसे[56] पाके स्वादु प्रायेण दोषलम् ।। 100 ।।

Curd of Sheep's Milk

Taste : Sweet.

Vipāka : Sweet.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It generally aggravates *doṣas*.

iii) It produces *durnnāma* (piles), *vātāsra* (gout) and*kapha*.

[VIII. 100]

माहिषं दधि सुस्निग्धं श्लेष्मलं वातपित्तनुत् ।
वृष्यं विपाके मधुरं गुरु रक्तप्रदूषणम् ।। 101 ।।

Curd of Buffalo's Milk

Attributes : Heavy and unctuous.

Vipāka : Sweet.

Specific action : *Vṛṣya* (aphrodisiac) and alleviator of *vāyu* and *pitta*.

Note : i) It aggravates *kapha*.

ii) It vitiates blood.

[VIII. 101]

नार्या दधि त्रिदोषघ्नं चक्षुष्यं तर्पणं गुरु ।
बल्यं विपाके मधुरं स्निग्धं वह्निकरं परम् ।। 102 ।।

Curd of Woman's Milk

Attributes : Heavy and unctuous.

Vipāka : Sweet.

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55. (क) ०कफवात्प्रकोपनम् 56. (ख) अभिष्यन्दिरसं

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Action : Exceedingly digestive stimulant.

Specific action : Promoter of eye-sight and strength, refreshing and alleviator of all the three *doṣas*.

[VIII. 102]

हस्तिन्या दधि वीर्योष्णं कटु पाकेऽग्निनाशनम् ।
कषायानुरसं वर्चोवर्द्धनं कफवातजित् ।। 103 ।।

Curd of Elephant's Milk

Taste : Astringent **(subsidiary taste)** .

Potency : Hot.

Vipāka : Pungent.

Specific action : Alleviates *kapha* and *vāyu*.

It increases the stool.

Note: It suppresses the power of digestion.

[VIII. 103]

औष्ट्रं विपाके कटुकं भेदि क्षाराम्लकं दधि ।
निहन्त्युदरकुष्ठार्शःशूलबन्धानिलक्रिमीन् ।। 104 ।।

Curd of Camel-Milk

Taste : Sour.

Vipāka : Pungent.

Specific action : Purgative and alleviator of *vāyu*.

Therapeutic usage : Cures *udara* (obstinate abdominal diseases including ascites), *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *śūla* (colic pain), *bandha* (constipation) and *krimi* (parasitic infestation).

Note : It is alkaline.

[VIII. 104]

अश्वाद्यैकशफं रूक्षं दध्यभिष्यन्दि दोषलम् ।
दीपनं स्वादु चक्षुष्यं वातकृत्कफमूत्रनुत् ।। 105 ।। [99 V.]

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Curd of Mare's Milk, etc.

Taste : Sweet.

Attribute : Ununctuous.

Action : Digestive stimulant.

Specific action : Promotes eye-sight and alleviates *kapha.*

Therapeutic usage : Cures urinary diseases.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It aggravates *vāyu.*

iii) It is unwholesome.

[VIII. 105]

सर्वेषु दधिषु श्रेष्ठं गव्यमेव गुणावहम् ।। 106 ।।

Among all the above mentioned varieties of curd, the curd prepared from cow's milk is the best and useful.

[VIII. 106]

गालितं दधि सुस्निग्धं वातघ्नं श्लेष्मलं गुरु ।
बलपुष्टिकरं रुच्यं मधुरं नातिपित्तकृत ।। 107 ।।

Gālita Dadhi (Curd of Which the Watery Portion is Removed by Filtering)

Taste : Sweet.

Attributes : Heavy and exceedingly unctuous.

Specific action : Promotes strength, nourishment and appetite and alleviates *vāyu.*

Note : i) It aggraviates *kapha.*

ii) It does not aggravate *pitta* in excess.

[VIII. 107]

शृतक्षीरभवं रुच्यं दधि स्निग्धं गुणोत्तमम् ।
पित्तानिलापहं सर्वं धात्वग्निबलवर्द्धनम् ।। 108 ।।

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Curd of Boiled Milk

Attribute : Unctuous.

Specific action : Promotes all the *dhātus* (tissue elements), *agni* (power of digestion), *bala* (strength) and appetite, and alleviates *pitta* and *vāyu*.

Note : It is exceedingly useful.

[VIII. 108]

छच्छिकागुणाः

असारं दधि संग्राहि कषायं वातलं लघु ।
विष्टम्भि दीपनं रुच्यं ग्रहणीरोगनाशनम् ।। 109 ।।

Chacchikā or Asāra Dadhi (Curd Which is Free from Fat)

Taste : Astringent.

Attribute : Light.

Action : *Dīpana* (digestive stimulant).

Specific action : Constipative and appetiser.

Therapeutic usage : Cures *grahaṇī* (sprue syndrome).

Note : i) It is *viṣṭambhi* (which produces wind in the abdomen).

ii) It aggravates *vāyu*.

[VIII. 109]

सशर्करं दधि श्रेष्ठं तृष्णापित्तास्रदाहनुत् ।
सगुडं वातनुद् वृष्यं बृंहणं तर्पणं गुरु ।। 110 ।।

Curd with Combination

Curd added with sugar is very useful. It cures *tṛṣṇā* (morbid thirst), *dāha* (burning syndrome), vitiation of blood and alleviates *pitta*.

Curd added with *guḍa* (jaggery) is heavy.

It is aphrodisiac, nourishing, refreshing and alleviator of *vāyu*.

[VIII. 110]

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ऋतुभेदेन दधिगुणाः

वसन्ते शरदि ग्रीष्मे दधि प्रायेण निन्दितम् ।
हेमन्ते शिशिरे शस्तं वर्षासु चागुणावहम् ।। 111 ।।

Curd in Different Seasons

Generally, intake of curd is not useful in spring, autumn, summerand rainy season. On the other hand, in *hemanta* (early winter) and *śiśira* (late winter), intake of curd is beneficial.

[VIII. 111]

रोगविशेषे दधिगुणाः

[100 R.] मूत्रकृच्छ्रेऽरुचौ कार्श्ये शीताङ्गे[57] विषमज्वरे ।
अतिसारे प्रतिश्याये दिवा च दधि शस्यते ।। 112 ।।

शस्यते दधि न रात्रौ शस्तं चाम्बुघृतान्वितम् ।। 113 ।।

Use of Curd in Particular Diseases

For a patient suffering from following diseases, intake of curd during day time is useful :

Mūtra kṛcchra (dysuria), *aruci* (anorexia), *śītāṅga* (feeling of cold in the body), *viṣama jvara* (irregular fever), *atisāra* (diarrhoea) and *pratiśyāya* (cold).

Curd should not be taken at night.

Curd mixed with water and ghee is useful.

[VIII. 112 – 113]

दध्युत्तरादिगुणाः

दध्युत्तरो दधिस्नेहो दध्यग्रः कट्वरः[58] सरः ।। 114 ।।

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57. (ख) शीतगे

58. (ख) कटुकः

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दध्नः सरो गुरुर्वृष्यो वातवह्निप्रणाशनः ।
बस्तेर्विशोधनश्चाम्लः पित्तश्लेष्मविवर्द्धनः ।। 115 ।।

Dadhyuttara or Sara (Upper Layer of the Curd Which is Dense and Unctuous)

Syn. : *Dadhyuttara, dadhisneha, dadhyagra, kaṭvara* and *sara.*

Taste : Sour

Attribute : Heavy.

Specific action : Laxative, aphrodisiac and alleviator of *vāyu.*

It cleanses urinary bladder.

Note : i) It suppresses the power of digestion.

ii) It aggravates *pitta* and *kapha.*

[VIII. 114 – 115]

मस्तु क्लमहरं बल्यं लघु[59] भक्ताभिलाषकृत् ।
स्रोतोविशोधनं ह्लादि कफतृष्णानिलापहम् ।
अवृष्यं प्रीणनं शीघ्रं भिनत्ति मलसंग्रहम् ।। 116 ।।

इति दधिवर्गः

Mastu (Watery Portion of the Curd)

Attribute : Light.

Specific action : Promotes strength and appetite for food and alleviates *kapha* and *vāyu.*

It is refreshing, instant laxative and giver of happiness.

Therapeutic usage : Cures *klama* (mental fatigue) and *tṛṣṇā* (morbid thirst).

Note : i) It is not aphrodisiac.

ii) It cleanses the *srotas* (channels of circulation).

[VIII. 116]

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59. (क) मधु

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घोल–मथित–उदश्वित्–तक्रनामगुणाः

दण्डाहतं कालशेयं गोरसश्च विलोडितम् ।। 117 ।।

सरसं निर्जलं घोलं मथितं रसवर्जितम्[60] । [100 V.]
समोदकमथ श्वेतमुदश्वित्त्वर्धवारिकम् ।। 118 ।।

पादोदकं भवेत्तक्रमर्द्धाम्भोऽन्ये च[61] भाषिरे ।
तक्रं ग्राहि कषायाम्लं मधुरं दीपनं लघु ।। 119 ।।

वीर्योष्णं बलदं रूक्षं प्रीणनं वातनाशनम् ।
हन्ति शोथगरच्छर्दिप्रसेकविषमज्वरान् ।। 120 ।।

पाण्डुमेदोग्रहण्यर्शोमूत्रग्रहभगन्दरान् ।
मेहं गुल्ममतीसारं शूलप्लीहकफक्रिमीन् ।
श्वित्रकुष्ठकफव्याधिकुष्ठतृष्णोदरापचीः[62] ।। 121 ।।

Ghola, Mathita, Udaśvit and Takra (Butter-milk)

Syn. : *Daṇḍāhata, kālaśeya, gorasa* and *viloḍita.*

Varieties of Butter-milk

Butter-milk which contains *rasa* (cream) and to which water is not added is called *ghola.*

Butter-milk from which cream is removed is called *mathita.*

When equal quantity of water is added and churned then it is called *śveta.*

When half the quantity of water is added and churned then it is known as *udaśvit.*

When one-fourth quantity of water is added and churned then it is called *takra.* According to some others, in *takra* half the quantity of water is added.

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60. (क) सरवर्जितम् 61. (ख) वभाषिरे 62. (क) oदरारुचिः

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Properties of Takra

Taste : Sweet, sour and astringent.

Attribute : Light and ununctuous.

Potency : Hot.

Action : *Dīpana* (digestive stimulant).

Specific action : Constipative, strength promoting, refreshing and alleviator of *vāyu* as well as *kapha*.

Therapeutic usage : Cures *śotha* (oedema), *gara* (poisoning), *chardi* (vomiting), *praseka* (salivation), *viṣama jvara* (irregular fever), *pāṇḍu* (anemia), *medas* (fat), *grahaṇī* (sprue syndrome), *arśas* (piles), *mūtra graha* (anuria), *bhagandara* (fistula-in-ano), *meha* (obstinate urinary disorders including diabetes), *gulma* (phantom tumour), *atisāra* (diarrhoea), *śūla* (colic pain), *plīhan* (splenic disorders), *krimi* (parasitic infestation), *śvitra kuṣṭha* (leucoderma), *kuṣṭha* (obstinate skin diseases including leprosy), *kapha vyādhi* (diseases caused by the vitiation of *kapha*), *tṛṣṇā* (morbid thirst), *udara* (obstinate abdominal diseases including ascites) and *apacī* (cervical adenitis).

[VIII. 117 – 121]

तक्रं निदाघे शरदि दौर्बल्ये श्रममूर्च्छयोः[63] ।
पित्तास्रमदशोषेषु[64] कदाचिन्न प्रशस्यते ।। 122 ।।

Contra-indications of Takra

Intake of *takra* (butter-milk) is not useful in summer and autumn seasons. It should also never be taken by a patient who is suffering from *daurbalya* (weakness), *śrama* (physical fatigue), *mūrcchā* (fainting), *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body), *mada* (alcoholism) and *śoṣa* (consumption).

[VIII. 122]

शीतकाले ग्रहण्यर्शःकफवातामयेषु ।
स्रोतोनिरोधे मन्दाग्नौ तक्रमेवामृतोपमम् ।। 123 ।। [101 R.]

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63. (ख) श्रममूर्च्छयोः 64. (ख) ०मदशोफेषु

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Takra (butter-milk) is like an ambrosia in winter, in *grahaṇī* (sprue syndrome), *arśas* (piles), diseases caused by *kapha* and *vāyu*, *sroto nirodha* (obstruction to the channels of circulation) and *mandāgni* (suppression of the power of digestion).

[VIII. 123]

तक्रं तु मधुरं सर्वं श्लेष्मलं वातपित्तनुत् ।
अम्लं वातहरं तक्रं रक्तपित्तप्रकोपनम् ।। 124 ।।

Properties of Different types of Takra

Takra (butter-milk) having sweet taste alleviates *vāyu* and *pitta*, and aggravates *kapha*.

Takra (butter-milk) having sour taste alleviates *vāyu* and vitiates *rakta* (blood) as well as *pitta*.

[VIII. 124]

वातेऽम्ले सैन्धवोपेतं स्वादु पित्ते सशर्करम् ।
पिबेत्तक्रं कफे रूक्षं व्योषक्षारसमन्वितम् ।। 125 ।।

Combination with Takra

If *vāyu* is aggravated, sour variety of butter-milk mixed with *saindhava* (rock-salt) should be taken.

If there is aggravation of *pitta*, then sweet variety of butter-milk mixed with sugar should be taken.

If there is aggravation of *kapha*, then ununctuous type of butter-milk mixed with *vyoṣa* (*sunṭhī*, *pippalī* and *marica*) and *kṣāra* (alkalies) should be taken.

[VIII. 125]

समुद्धृतघृतं तक्रं पथ्यं लघु विशेषतः ।
स्तोकोद्धृतघृतं तस्माद् वृष्यं गुरु कफापहम् ।
अनुद्धृतघृतं सान्द्रं[65] गुरु पुष्टिकफप्रदम् ।। 126 ।।

Properties of Different Types of Takra

Takra (Butter-milk) from Which Fat Content is Completely

65. (ख) शीतं

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Removed

Attribute : Light.

It is wholesome.

Takra from Which Less Quantity of Fat Content is Removed

Attribute : Heavy.

Specific action : Aphrodisiac and alleviator of *kapha*.

Takra from Which Fat Content is Not Removed

Attributes : Heavy and *sāndra* (dense).

Specific action : Nourishing.

Note : It aggravates *kapha*.

[VIII. 126]

यान्युक्तानि दधीन्यष्टौ तद्गुणं तक्रमादिशेत् ।
सरसं निर्जलं[66] घोलं मथितं रसवर्जितम् ।। 127 ।।

दधिवद् घोलमथिते किंचित्तु लघु नीरतः ।
मण्डतक्रा लघुतक्रा कूर्चिकादधिसम्भवा ।। 128 ।।

तक्रवर्गः

The properties of different eight types of curd (*dadhi*) prepared from different types of milk are shared by the butter-milk prepared out of them.

Ghola

If curd having fat is churned without adding water, then it is called *ghola*.

Mathita

If, however, the curd free from any fat is churned without water, then it is called *mathita*.

Note : Attributes of *ghola* and *mathita* are similar to those of curd. But while preparing *ghola* and *mathita*, a small quantity of water is added, as a result of which they become lighter.

Some other preparations of curd are called *manda takra, laghu takra* and *kūrcikā*.

[VIII. 127 – 128]

66. (क) विमलं

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नवनीतवर्गनामगुणाः

[101 V.] हैयङ्गवीनं सरजं नवनीतं तु मन्थजम् ।
नवनीतं लघु ग्राहि सद्यस्कं स्वादु शीतलम्[67] ॥ 129 ॥

Navanīta (Butter)

Syn. : *Haiyaṅgavīna, saraja, navanīta* and *manthaja.*

Freshly Collected Butter

Taste : Sweet.

Attribute : Light.

Potency : Cold.

Specific action : Constipative.

[VIII. 129]

मध्यमीषत्कषायाम्लं वृष्यं पित्तानिलापहम् ।
अविदाह्यग्निकृन्नेत्र्यं क्षयार्शोव्रणकासजित् ॥ 130 ॥

Butter Preserved for Some Days

Taste : Slightly astringent and sour.

Action : Stimulates digestive power.

Specific action : Aphrodisiac, promoter of eye-sight and alleviator of *pitta* and *vāyu.*

Therapeutic usage : Cures *kṣaya* (consumption), *arśas* (piles), *vraṇa* (ulcer) and *kāsa* (bronchitis).

Note : It is *avidāhi* (which does not cause burning sensation).

[VIII. 130]

नवनीतं चिरोद्भूतं गुरुः मेदःकफप्रदम् ।
शोथघ्नं बलकृद् वृष्यं विशेषादमृतं शिशोः ॥ 131 ॥

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67. (क) मधुरं शीतलं परम्

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Butter Preserved for a Long Time

Attribute : Heavy.

Specific action : Aphrodisiac and strenth promoting.

Therapeutic usage: Cures *śotha* (oedema).

Note : i) It is like an ambrosia for infants.

ii) It produces *medas* (fat).

iii) It aggravates *kapha*.

[VIII. 131]

क्षीरोत्थं तदतिस्निग्धं चक्षुष्यं रक्तपित्तजित् ।
वृष्यं बलकरं ग्राहि मधुरं शीतलं परम् ।। 132 ।।

Milk-Butter or Butter Collected from Milk

Taste : Sweet.

Attribute : Extremely unctuous.

Potency : Excessively cold.

Specific action : Constipative, aphrodisiac, promoter of eye-sight and strength.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[VIII. 132]

घृतनामगुणाः

घृतमाज्यं हविः सर्पिरा[68]घारममृताह्वयम् ।। 133 ।।

घृतं रसायनं स्वादु चक्षुष्यं गुरु दीपनम् ।
शीतवीर्यं विषालक्ष्मीवातपित्तानिलापहम् ।
अत्यभिष्यन्दि कान्त्योजस्तेजोलावण्यबुद्धिकृत् ।। 134 ।।

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68. (क) सर्पिरघारo

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उदावर्तज्वरोन्मादशूलानाहव्रणान्‌जयेत् ।
स्निग्धं कफप्रदं रूक्षं क्षयवीसर्परक्तजित् ।
स्वर्यं क्षतहरं प्रायः शस्यते बालवृद्धयोः ।। 135 ।।

Ghṛta (Ghee)

Syn. : *Ghṛta, ājya, havi, sarpi, āghāra* and *amṛtāhvaya.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Action : *Dīpana* (digestive stimulant).

Specific action : Rejuvenating, promoter of eye-sight, *kānti* (complexion), *ojas* (vital fluid), *tejas* (semen), beauty, intellect and voice, and alleviator of *vāyu* as well as *pitta.*

Therapeutic usage : Cures *viṣa* (poisoning), *alakṣmī* (inauspiciousness), *udāvartta* (upward movement of wind in the stomach), *jvara* (fever), *unmāda* (insanity), *śūla* (colic pain), *ānāha* (constipation), *vraṇa* (ulcer), *kṣaya* (consumption), *visarpa* (erysipelas) and *kṣata* (injury or phthisis).

Note : i) It is generally useful for children and olds.

ii) It is very *abhiṣyandi* (which obstructs the channels of circulation).

[VIII. 133 – 135]

घृतं क्षीरभवं ग्राहि शीतलं नेत्ररोगजित् ।
निहन्ति पित्तदाहास्रमदमूर्च्छाभ्रमानिलान् ।। 136 ।।

Ghee Prepared from Milk Directly

Potency : Cold.

Specific action : Constipative and alleviator of *pitta* and *vāyu.*

Therapeutic usage : Cures eye-diseases, *dāha* (burning syndrome), vitiation of blood, *mada* (intoxication), *mūrcchā* (fainting) and *bhrama* (giddiness).

[VIII. 136]

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पुराणं कटुकं पाके सर्पिर्दोषत्रयापहम् ।
[102 R.] श्रोत्रनेत्रशिरःशूलकुष्ठापस्मारशोथजित् ।। 137 ।।

योनिरोगज्वरश्वासकुष्ठार्शोगुल्मपीनसान् ।
निहन्ति दीपनं बस्तिनस्यपूर्त्तिषु शस्यते ।। 138 ।।

Old Ghee

Vipāka : Pungent.

Action : *Dīpana* (digestive stimulant).

Specific action : Alleviates all the three *doṣas*.

Therapeutic usage : Cures diseases of ears and eyes, *śiraḥśūla* (headache), *kuṣṭha* (obstinate skin diseases including leprosy), *apasmāra* (epilepsy), *śotha* (oedema), *yoniroga* (ailments of female genital organ), *jvara* (fever), *śvāsa* (dyspnoea), *arśas* (piles), *gulma* (phantom tumour) and *pīnasa* (rhinitis).

Note : It is useful for *basti* (enema) and *nasya* (inhalation therapy).

[VIII. 137 – 138]

घृतमण्डोऽपि घृतवद्गुणैस्तीक्ष्णो लघुः सरः ।। *139* ।।

***Ghṛta Maṇḍa* (*Upper Portion of the Ghee*)**

Attributes : Light and sharp.

Specific action : Laxative.

Note : It shares the properties of ghee.

[VIII. 139]

Kaumbha Sarpi

दशवर्षात्परं सर्पिः कौम्भमित्यभिधीयते ।
रक्षोघ्नं लघु तस्मात्तु गुणैः श्रेष्ठं महाघृतम् ।। 140 ।।

The ghee which is preserved for more than ten years is called *kaumbha sarpi*.

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Attribute : Light.

Therapeutic usage : Cures the afflictions by *rakṣas* (evil spirits).

Mahā ghṛta (ghee which is preserved for more than hundred years) is the best among all the ghees in its properties.

[VIII. 140]

घृतस्य गुणदोषौ तु क्षीरतुल्यौ समादिशेत् ।
सर्वेषु गुणकृद्गव्यमाविकं निन्दितं पुनः ।। 141 ।।

घृतवर्गः

The qualities and disqualities of ghee are similar to those of the milk of respective animals. Ghee prepared from cow's milk is the best among all the ghees and ghee prepared from sheep's milk is the most inferior among them.

[VIII. 141]

तैलगुणाः

तैलमुष्णं गुरु स्थैर्य बलवर्णकरं सरम् ।
वृष्यं[69] विकाशि विशदं मधुरं रसपाकयोः ।। 142 ।।

Taila (Oil)

Taste : Sweet.

Attribute : Heavy, *sara* (fluid) and non-slimy.

Potency : Hot.

Vipāka : Sweet.

Specific action : Laxative, aphrodisiac and promoter of *sthairya* (steadiness), *bala* (strength) and *varṇa* (complexion).

It is *vikāśi* (which causes loseness of joint).

[VIII. 142]

सोष्णं[70] कषायानुरसं तिक्तं श्लेष्मानिलापहम् ।
विपाके मधुरं तीक्ष्णं बृंहणं रक्तपित्तजित्[71] ।। 143 ।।

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69. (क) दीप्यं

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Uṣṇa Taila (Hot Oil)

Taste : Bitter.

Astringent (subsidiary taste).

Attribute : Sharp.

Vipāka : Sweet.

Specific action : Nourishing and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body).

[VIII. 143]

लेपनं बद्ध[72]विण्मूत्रत्वग्गर्भाशयशोधनम् ।
दीपनं मतिदं केश्यं व्यायामव्रणमेहनुत् ।। 144 ।।

श्रोत्रयोनिशिरःशूलनेत्ररोगविनाशनम् । [102 V.]
मथितच्युतविच्छिन्न[73]भग्नव्यालविषादिषु ।
क्षतेऽग्निदग्धे तत्पथ्यं पानाभ्यङ्गादिभिः सदा ।। 145 ।।

Lepana (External Application of Til Oil)

Action : Digestive stimulant.

Specific action : Promotes intellect and hair, and cleanses the skin and uterus.

Therapeutic usage : Cures exhaustion, *meha* (obstinate urinary diseases including diabetes), diseases of ears and *yoni* (female genital tract) and headache. It is useful in laceration, dislocation, excision, fracture, biting by wild animal, *viṣa* (poisoning), injury and burn by fire.

Note : Til oil is always wholesome in above diseases if taken internally and used externally for massage.

[VIII. 144 – 145]

घृतमब्दात्परं पक्वं हीनवीर्यं प्रजायते ।
तैलं पक्वमपक्वं वा चिरस्थायि गुणाधिकम् ।। 146 ।।

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70. (क–ख) सूक्ष्मं 71. (क) रक्तपित्तकृत्
72. (ख) श्लेष्मलं कटु 73. (क) ०च्युतविशीर्णो

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Ghee and Til Oil

Boiled ghee loses its potency after one year. But oil whether boiled or not, maintains its potency for a long period. Therefore, it is better than ghee.

[VIII. 146]

एरण्डतैलगुणाः

एरण्डतैलं मधुरमुष्णं दीपनशोधनम्[74] ।
वृष्यं त्वच्यं वयःस्थापि मेधाकान्तिबलप्रदम् ।
कषायानुरसं सूक्ष्मं योनिशुक्रविशोधनम् ।। 147 ।।

हन्ति वातोदरानाहगुल्माष्ठीलाकटिग्रहान् ।
वातशोणितशूलादिव्रणशोथामविद्रधीन् ।। 148 ।।

एरण्डतैलम्

Eraṇḍa Taila (Castor Oil)

Taste : Sweet.

Astringent (subsidiary taste).

Attribute : *Sūkṣma* (subtle).

Potency : Hot.

Action : *Dīpana* (digestive stimulant).

Specific action : Purgative, aphrodisiac, useful for skin, promoter of longevity, intellect, complexion and strength, and alleviator of *vāyu*.

Therapeutic usage : Cures *udara* (obstinate abdominal diseases including ascites), *ānāha* (flatulence), *gulma* (phantom tumour), *aṣṭhīlā* (hard tumour in the abdomen), *kaṭigraha* (stiffness of lumber region), *vāta śoṇita* (gout), *śūla* (colic pain), *vraṇa* (ulcer), *śotha* (oedema), *āma* (a product of improper digestion and metabolism) and *vidradhi* (abscess).

It cleanses the *yoni* (vagina) and *śukra* (semen).

[VIII. 147–148]

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74. (क) तिलतैलेरण्डतैलं मधुरमुष्णदीपनम्

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कटुतैलगुणाः

पृथ्वीकामूलजीमूतादन्तीकवच[75]शिग्रुजम् ।
निम्बातसीकरंजार्कहस्तिकर्णेङ्गुदीभवम्[76] ।। 149 ।।

शङ्खिनी नीपकाम्पिल्लबिल्व[77]ज्योतिष्मतीकृतम्[78] ।
कुसुम्भसर्षपोद्भूतं तैलं सौवर्चलं तथा ।। 150 ।।

विपाके कटुकं तीक्ष्णमुष्णं तिक्तं सरं लघु ।
हन्ति कुष्ठामयं श्लेष्ममेहमूर्च्छामद[79]क्रिमीन् ।। 151 ।।

Kaṭu Taila

The oil extracted from *pṛthvīkā, mūla (ka), jīmūta, dantī, kavaca, śigru, nimba, atasī, karañja, arka, hastikarṇa, iṅgudī, śaṅkhinī, nīpa, kāmpilla, bilva, jyotiṣmatī, kusumbha, sarṣapa* and *suvarcala* has following properties:

Taste : Bitter.

Attributes : Light and sharp.

Potency : Hot.

Vipāka : Pungent.

Specific action : Laxative and alleviator of *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *meha* (obstinate urinary diseases including diabetes), *mūrcchā* (fainting), *mada* (intoxication) and *krimi* (parasitic infestation.)

[VIII. 149 – 151]

निम्बतैलगुणाः

निम्बतैलं जयेत्कुष्ठं व्रणश्लेष्मज्वरक्रिमीन् ।। 152 ।।

निम्बतैलगुणाः

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75. (क) oदन्तीमूलकशिग्रुजम् 76. (क) oहस्तिकर्णं तु शंखिनी
77. (क) oबिल्वश्च 78. (क) oज्योतिष्मती कृतं तथा 79. (ख) oमूर्च्छामयक्रिमीन्

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Nimba Taila (Neem oil)

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *vraṇa* (ulcer), *jvara* (fever) and *krimi* (parasitic infestation).

[VIII. 152]

अतसीतैलगुणाः

अतसीतैलमाग्नेयं स्निग्धोष्णं कफपित्तनुत् ।
कटुपाकमचक्षुष्यं बल्यं वातहरं गुरु ।। 153 ।।

अतसीतैलम

Atasī Taila (Oil from Linum usitatissimum)

Attributes : Heavy and unctuous.

Potency : Hot.

Vipāka : Pungent.

Specific action : Promotes strength and power of digestion and alleviates *kapha, pitta* and *vāyu.*

Note : It is not useful for eyes.

[VIII. 153]

सार्षपतैलगुणाः

सार्षपं कृमिनुत्तैलं[80] कुष्ठकण्डूहरं लघु ।
पित्तास्रदूषणं हन्ति मेहकर्णशिरोगदान् ।। 154 ।।

सर्षपतैल

Sārṣapa Taila (Mustard Oil)

Attribute : Light.

Therapeutic usage : Cures *kṛmi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy), *kaṇḍū* (itches), *meha* (obstinate urinary

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80. (क) कटुतैलं तु

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diseases including diabetes) and diseases of ear and head.

Note : It vitiates *pitta* and blood.

[VIII. 154]

कुसुम्भतैलगुणाः

कौसुम्भं कटुकं तैलमचक्षुष्यं बलप्रदम् ।
केवलानिलनुत्तीक्ष्णं[81] विदाह्युष्णं द्विदोषकृत् ॥ 155 ॥ [103 V.]

कौसुम्भतैलम्

Kusumbha Taila (Oil from Carthamus tinctorius)

Taste : Pungent.

Attribute : Sharp.

Potency : Hot.

Specific action : Promotes strength and alleviates *vāyu*.

Note : i) It is harmful for eyes.

ii) It is *vidāhi* (which causes burning sensation).

iii) It vitiates *kapha* and *pitta*.

[VIII. 155]

ज्योतिष्मतीतैलगुणाः

ज्योतिष्मतीभवं तैलं पित्तलं स्मृतिबुद्धिदम ॥156 ॥

ज्योतिष्मतीतैलम्

Jyotiṣmatī Taila (Oil from Celastrus paniculatus)

Specific action : Promotes memory and intellect.

Note : It vitiates *pitta*.

[VIII. 156]

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81. (क) ०लातिलघुस्तिक्ष्ण

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नारिकेलादितैलगुणाः

अक्षोटिका[82]हिमुक्ताक्षनारिकेलभवं हरेत् ।
तैलं पित्तानिलं केश्यं गुरु श्लेष्मकरं हिमम् ।। 157 ।।

Nārikelādi Taila (Oils of Coconut, etc.)

Oils of *akṣoṭikā, ahimukta* (snake venom), *akṣa* (*bibhītakī*) and *nārikela* possess following properties :

Attribute : Heavy.

Potency : Cold.

Specific action : Promote hair and alleviate *pitta* and *vāyu.*

Note : They aggravate *kapha.*

[VIII. 157]

शिंशपादितैलगुणाः

शिंशपागुरुगण्डीर[83]रसाला[84]मरदारुजम् ।
तैलं कषायं कटुकं तिक्तं दुष्टव्रणापहम्[85] ।
वातरक्तविषश्लेष्मकण्डूकुष्ठानिलान् जयेत् ।। 158 ।।

सिंसपातैलम्

Śiṃśapādi Taila (Oils of Śiṃśapa, etc.)

Oils of *śiṃśapā, aguru, gaṇḍīra, rasālā* and *amara dāru* (*deva dāru*) possess following properties :

Taste : Astringent, pungent and bitter.

Specific action : Alleviate *kapha* and *vāyu.*

Therapeutic usage : Cure *duṣṭa vraṇa* (putrid ulcer), *vāta rakta* (gout),

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82. (ख) अक्षोटवातादभवम् 83. (क) ०चाम्भीर
84. (ख) ०सरला 85. (क) कुष्ठघ्न.

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viṣa (poisoning), *kaṇḍū* (itching) and *kuṣṭha* (obstinate skin diseases including leprosy).

[VIII. 158]

भल्लातकतैलगुणाः

भल्लातकं तौवरकं वीर्योष्णं स्वादु तिक्तकम् ।
कुष्ठोर्ध्वाधस्त्रिदोषाम्रमेदोमेहकृमीन् हरेत् ।। 159 ।।

भल्लातकं तौवरं तैलं च

Bhallātaka (Semecarpus anacardium) and Tuvaraka (Hydnocarpus laurifolia) Taila

Taste : Sweet and bitter.

Potency : Hot.

Specific action : Alleviate all the three *doṣas*.

Therapeutic usage : Cure *kuṣṭha* (obstinate skin diseases including leprosy) located in both the upper and lower parts of the body, vitiation of blood, *medas* (adiposity), *meha* (obstinate urinary diseases including diabetes) and *kṛmi* (parasitic infestation).

[VIII. 159]

पालाशमाधूकपाटलतैलगुणाः

तैलं पालाशमाधूकपाटलाफलसम्भवम् ।
कषायं मधुरं दाहपित्तश्लेष्मगदान् हरेत् ।। 160 ।।

पलाशमधूकपाटलातैलम्

Pālāśa, Mādhūka and Pāṭalā Taila (Oil Extracted from the Fruits of Butea monosperma, Madhuca indica and Stereospermum suaveolens)

Taste : Astringent and sweet.

Specific action : Alleviate *pitta*.

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Therapeutic usage : Cure *dāha* (burning syndrome) and diseases caused by the aggravation of *kapha*.

[VIII. 160]

त्रपुषादितैलगुणाः

कूष्माण्डत्रपुषैर्वारुतुम्बीकालिङ्गतिक्तकैः ।
कृतं प्रियालजीवन्तीश्लेष्मान्तकभवं तथा ।। 161 ।।

तैलं गुरु स्वादुपाकं शीतं मूत्रप्रवर्तकम् ।
अदीपनमभिष्यन्दि कफदं वातपित्तजित् ।। 162 ।।

कुष्माण्डतैलम्

Trapuṣādi Taila (Oil Extracted from Trapuṣa, etc.)

Oils of *kūṣmāṇḍa, trapuṣa, ervāru, tumbī, kaliṅga, tiktaka, priyāla, jīvantī* and *ślesmāntaka* have following properties :

Attribute : Heavy.

Potency : Cold.

Vipāka : Sweet.

Specific action : Diuretics and alleviators of *vāyu* and *pitta*.

Note : i) They do not stimulate digestion.

ii) They are *abhiṣyandi* (which obstruct the channels of circulation).

iii) They vitiate *kapha*.

[VIII. 161 – 162]

एकैषिजतैलगुणाः

एकैषिजं[86] हिमं तैलं पित्तघ्नं श्लेष्मवातकृत् ।। 163 ।।

एकेषिकतैलम्

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86. (क) एकैषिकं

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Ekaiṣija Taila

Potency : Cold.

Specific action : Alleviates *pitta*.

Note : It aggravates *kapha* and *vāyu*.

[VIII. 163]

यवतिक्तोद्भवतैलगुणाः

यवतिक्तो[87]द्भवं तैलमीषत्तिक्तं रसायनम् ।
दीपनं लेखनं मेध्यं पथ्यं दोषत्रयापहम् ।। 164 ।।

यवनीकोद्भवं तैलम्

Yavatikta Taila (Oil Extracted from Andrographis paniculata)

Taste : Slightly bitter.

Action : Digestive stimulant.

Specific action : Rejuvenating, promoter of intellect, *lekhana* (depleting) and alleviator of all the three *doṣas*.

Note : It is wholesome .

[VIII. 164]

आम्रतैलगुणाः

आम्रतैलं मनाक्तिक्तं मधुरं नातिपित्तकृत् ।
कफवातहरं रूक्षं सुगन्धि विशदं परम् ।। 165 ।।

आम्रतैलम्

Āmra Taila (Oil from Mango-Seed)

Taste : Slightly bitter and sweet.

Attributes : Ununctuous and *viśada* (non-slimy).

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87. (क) यवनिकोद्भवं

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Specific action : Alleviates *kapha* and *vāyu.*

Note : i) It contains good smell.

ii) It does not vitiate *pitta* in excess.

[VIII. 165]

स्नेहवर्गगुणाः

[104 V.] स्थावरा वातशमनाः स्नेहाः प्रोक्तास्तु तैलवत् ।
गौणमेतेषु तैलत्वं बलवर्णकरं पुनः ।। 166 ।।

Sneha Varga (Fats in General)

All types of *sneha* (fat, like butter, ghee, oil, etc.) obtained from the plants share the properties of oil. They alleviate *vāyu.*

Among them, oily substance is secondary. They promote strength and complexion.

[VIII. 166]

मेदादिगुणाः

मेदोमज्जावसा ज्ञेया ग्राम्यानूपौदकोद्भवाः ।
गुरवो मधुराश्चोष्णाः समीरणविनाशनः ।। 167 ।।

जाङ्गलैकशफादीनां क्रव्यादानां कषायकाः ।
लघवः शीतला ज्ञेया रक्तपित्तनिबर्हणाः ।। 168 ।।

प्रतुदा विष्किरादीनां ज्ञातव्याः कफकृन्तनाः ।
घृततैलवसामेदोमज्जानो वातनाशनाः ।
यथोत्तरं परिज्ञेया विपाके स्वादवः परम् ।। 169 ।।

इति तैलवर्गः

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Medas, etc. (Muscle Fat and Bone- marrow)

Fat, Muscle Fat and Bone-marrow of Animals Inhabiting Marshy Land and of Domesticated Animals

Taste : Sweet.

Attribute : Heavy.

Potency : Hot.

Specific action : Alleviate *vāyu.*

Fat, etc. of Mares, Cornivorous Animals and Animals Dwelling in Arid Land

Taste : Astringent.

Attribute . Light.

Potency : Cold.

Therapeutic usage : Cure *rakta pitta* (a condition characterised by bleeding from different parts of the body).

Fat, etc. of Pratuda (Packer Birds) and Viṣkira (Gallinacious Birds)

Alleviate *kapha.*

Ghṛta (Gee), Taila (Oil), Vasā (Fat), Medas (Muscle fat) and Majjā (Bone-marrow) of Pratuda (Packer Birds) and viṣkira (Gallinacious Birds)

Specific action : Alleviate *vāyu.*

Among ghee, *taila* (oil), *medas* (muscle fat) and *majjā* (bone-marrow), latter ones are more sweet than the former ones.

[VIII. 167 – 169]

मद्यभेदनामगुणाः

मद्यं हाला सुरा शुण्डा मदिरा वरुणात्मजा ।
सुरा गन्धोत्तमा कल्या देवस्पृष्टा च वारुणी ।। 170 ।।

[105 R.]

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मद्यं पित्तकरं प्रायः सरं रोचनदीपनम् ।
विदाहि सृष्टविण्मूत्रं तीक्ष्णं वातकफापहम् ।। 171 ।।

विधिनाऽन्नयुतं पीतं तत्स्याद[88]मृतसन्निभम् ।
अन्यथा कुरुते रोगानतिपीतं विषोपमम् ।। 172 ।।

Madya (Alcoholic Drinks)

Syn.: Madya, hālā, surā, śuṇḍā, madirā, varuṇātmajā, surā, gandhottamā, kalyā, devaspṛṣṭā and *vāruṇī.*

Attribute : Sharp.

Action : Digestive stimulant.

Specific action : Laxative, appetiser and alleviator of *vāyu* and *kapha.*

Note : i) It produces stool and urine.

ii) It is *vidāhi* (which causes burning sensation).

iii) It generally, vitiates *pitta.*

iv) If alcohol is taken according to the prescribed procedure and along with food,then it is useful like ambrosia. Otherwise it produces diseases. If taken in excess, it is like poison.

[VIII. 170 – 172]

द्राक्षोत्थमविदाहित्वाद्रक्तपित्तेषु शस्यते ।
बलपुष्टिकरं मद्यं रक्तार्शोहारि दीपनम् ।। 173 ।।

Madya Prepared of Drākṣā (Grapes)

Action : Digestive stimulant.

Specific action : Promotes strength and nourishment.

Therapeutic usage : Cures *raktārśas* (bleeding piles).

Note : Because *drākṣā* does not cause burning sensation, so it cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[VIII. 173]

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88. (ख) तत्स्यादमृत०

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माध्वीकाऽल्पगुणा किंचित्खार्जूरमनिलप्रदम् ।
तदेव विशदं रुच्यं श्लेष्मघ्नं कर्षणं लघु ।। 174 ।।

***Mādhvīkā* (*Alcohol Prepared of Madhuca indica*)**

Mādhvīkā is inferior in quality.

***Alcohol Prepared of Kharjūra* (*Date - palm*)**

Attributes : Light and *viśada* (non-slimy).

Specific action : Appetiser and alleviator of *kapha*.

It is depleting.

Note : It aggravates *vāyu*.

[VIII. 174]

शालिषष्टिकपिष्टादिकृतं मद्यं सुरा मतम् ।
सुरा गुर्वी बलस्तन्यपुष्टिमेदःकफप्रदा ।
ग्राहिणी शोथगुल्मार्शोग्रहणीमूत्राकृच्छ्रनुत् ।। 175 ।।

Surā

Alcoholic drink prepared of *śāli* and *ṣaṣṭika* types of rice is called *surā*.

Attribute : Heavy.

Specific action : Constipative, Promoter of strenght, breast-milk, nourishment and fat.

Therapeutic usage : Cures *śotha* (oedema), *gulma* (phantom tumour), *arśas* (piles), *grahaṇī* (sprue syndrome) and *mūtra kṛcchra* (dysuria).

Note : It vitiates *kapha*.

[VIII. 175]

पुनर्नवा शालिपिष्टैर्विहिता वारुणी[89] मता । [105 V.]
सुरावद्वारुणी लघ्वी पीनसाध्मानशूलनुत् ।। 176 ।।

Vāruṇī

The alcoholic drink prepared of the paste of *punarnavā* and *śāli* is called *vāruṇī*.

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89. (क) वारिणी

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Attribute : Light.

Therapeutic usage : Cures *pīnasa* (rhinitis), *ādhmāna* (flatulence) and *śūla* (colic pain).

Note : It shares the properties of *surā*.

[VIII. 176]

प्रसन्ना स्यात्सुरामण्डस्तस्मात्कादम्बरी घना ।
जगल[90]स्तदधः प्रोक्तो जगलान्मेदको घनः ।
पक्वशो जगलः[91] सारः सुराबीजं तु किण्वकम् ।। 177 ।।

प्रसन्नाऽऽनाहगुल्मार्शश्छर्द्यरोचकवातजित् ।
दीपन्या[92]ध्मानहृत्कुक्षितो दशशूलप्रणाशिनी ।। 178 ।।

कादम्बरी गुरुर्वृष्या दीपनी वातकृत्सरा ।
जगलः कफनुद् ग्राही शोफार्शोग्रहणीहरः ।। 179 ।।

मेदको मधुरो बल्यः स्तम्भनः शीतलो गुरुः ।
पक्वशो हृत्सारत्वाद्विष्टम्भी वातवर्द्धनः ।। 180 ।।

किण्वकं वातशमनमहृद्यं दुर्जरं गुरु ।। 181 ।।

Prasannā

Surā maṇḍa (the upper portion of *surā* which is very thin) is called *prasannā*.

Action : Digestive stimulant.

Specific action : Alleviates *vāyu*.

Therapeutic usage : Cures *ānāha* (constipation), *gulma* (phantom tumour), *arśas* (piles), *chardi* (vomiting), *arocaka* (anorexia), *ādhmāna* (flatulence) and ten varieties of *śūla* (colic pain) of the *kukṣi* (pelvic region).

Kādambarī

The portion below the *prasannā* which is more dense is called *kādambarī*.

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90. (ख) जंगल०
91. (ख) जंगल०
92. (क) दीपनाध्मान०
93. (क) ०भाजने
94. (ख) साधनं

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Attribute : Heavy.

Action : Digestive stimulant.

Specific action : Laxative and aphrodisiac.

Note : It vitiaties *vāyu*.

Jagala

The portion below the *kādambarī* is called *jagala*.

Specific action : Constipative and alleviator of *kapha*.

Therapeutic usage: Cures *śopha* (oedema), *arśas* (piles) and *grahaṇī* (sprue syndrome).

Medaka

The portion which is more dense than *jagala* (and which is at the bottom of the container) is called *medaka*.

Taste : Sweet.

Attribute : Heavy.

Potency : Cold.

Specific action : Strength promoting and *stambhana* (which increases the power of retention).

Pakvaśa

The *sāra* (fermenting material) from where *jagala* or alcohol has been taken out is called *pakvaśa*.

Since *pakvaśa* is a material from which alcohol is taken out, it is *viṣṭambhi* (constipative) and aggravator of *vāyu*.

Kiṇvaka

Surā bīja (the material which is used for initiating fermentation of alcoholic drinks) is called *kiṇvaka*.

Attribute : Heavy.

Specific action : Alleviates *vāyu*.

Note : i) It is difficult for digestion.

ii) It is not useful for heart.

[VIII. 177 – 181]

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आक्षिकी पाण्डुशोफार्शःपित्तास्रकफकुष्ठनुत् ।
किंचिद्वातकरा रूक्षा दीपनी रेचनी लघुः ।। 182 ।।
आक्षिकी सा सुरा या स्यादक्षत्वक्शालितण्डुलैः । [106 R.]

Ākṣikī

Alcoholic drink prepared of the bark of *akṣa* (*bibhītaka*) and *śāli* type of rice is called *ākṣikī*.

Attributes : Light and ununctuous.

Action : Digestive stimulant.

Specific action : Purgative and alleviator of *kapha*.

Therapeutic usage : Cures *pāṇḍu* (anemia), *śopha* (oedema), *arśas* (piles), *pittāsra* or *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *kuṣṭha* (obstinate skin diseases including leprosy).

Note : It slightly aggravates *vāyu*.

[VIII. 182]

यवपिष्टकृतं मद्यः प्रोक्तं यवसुरा च सा ।
काकोलिकोहली ज्ञेया मैरेयो धान्यजासवः ।। 183 ।।

आसवश्च सुरायाश्च द्वयोरप्येकभाजनम्[93] ।
संधानं[94] तद्विजानीयान्मैरेयमुभयात्मकम् ।। 184 ।।

क्वचित्तू धातकीपुष्पं गुडधान्याम्बुसाधितम् ।
गुर्वी यवसुरा रूक्षा स्याद्विष्टम्भित्रिदोषकृत् ।। 185 ।।

काकोली[95] बृंहणी वृष्या दृष्टिमान्द्यप्रदा गुरुः ।
मैरेयं बृंहणं वृष्यं गुरु सन्तर्पणं सरम् ।। 186 ।।

Yava Surā (Alcohol from Barley)

The alcoholic drink prepared of the paste of *yava* (barley) is called *yava surā*.

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95. (क) कोहली

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Syn. : *Kākolī*,*kohalī*, *maireya* and *dhānyajāsava.*

Attributes : Heavy and ununctuous.

Note : i) It is *viṣṭambhi* (which produces wind in the abdomen).

ii) It aggravates all the three *doṣas.*

Maireya.

For preparing both *āsava* and *surā*, the same type of container is used. The fermentation material used for both is called *maireya.*

Sometimes, flower of *dhātakī*, *guḍa* (jaggery) and *dhānyāmbu* (a type of vinegar) are used for fermentation.

Attribute : Heavy.

Specific action : Laxative, aphrodisiac, nourishing and refreshing.

[VIII. 183 – 186]

मद्यं सर्वरसं जातं मधूलकमुदीर्यते ।
[106 V.] मधूलकं गुरु स्वादु स्निग्धं शुक्रकफप्रदम्[96] ।। 187 ।।

Kākolī

Attribute : Heavy.

Specific action : Aphrodisiac and nourishing.

Note : It reduces eye-sight.

Madhūlaka

An alcoholic drink in which ingredients having all the six types of tastes are added is called *madhūlaka.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Specific action : Promotes semen.

Note : It aggravates *kapha.*

[VIII. 187]

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96. (क) शुक्रगुरुप्रदम्

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शार्करो दीपनः स्वादुः पाचनो रोचनो लघुः ।
स्त्रीविलासकरो वातशोषबस्तिविकारनुत् ।। 188 ।।

Śārkara (Alcoholic Drink Prepared of Sugar)

Taste: Sweet.

Attribute : Light.

Action : Digestive stimulant and carminative.

Specific action : Appetiser and alleviator of *vāyu.*

Therapeutic usage : Cures *śoṣa* (consumption) and diseases of *basti* (pelvic region).

Note : It promotes the sexual power.

[VIII. 188]

मध्वासवो लघु रूक्षः कुष्ठमेहविषापहः ।

Madhvāsava (Alcoholic Drink Prepared of Honey)

Attributes : Light and ununctuous.

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *meha* (obstinate urinary diseases including diabetes) and *viṣa* (poisoning).

[VIII. 1st line of 189]

गौडोऽग्निवर्द्धनो वर्णबलकृत्तर्पणः कटुः ।
तिक्तको बृंहणः स्वादुः सृष्टविण्मूत्रमारुतः ।। 189 ।।

Gauḍa (Alcoholic Drink Prepared of Jaggery)

Taste : Pungent, bitter and sweet.

Action : Stimulates the digestive power.

Specific action : Nourishing, promoter of strenght and complexion and refreshing.

It promotes the elimination of stool, urine and flatus.

[VIII. 2nd & 3rd lines of 189]

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इक्षोः पक्वरसः पक्वः सीधुः पक्वरसः स्मृतः ।
आसवः सैव विहितो बुधैः शीतरसो मतः ।। 190 ।।

सीधुः पक्वरसः श्रेष्ठः स्वराग्निबलवर्णकृत् ।
वातपित्तकरो ह्यः स्नेहनो रोचनो[97] जयेत् ।
विबन्धमेहशोफार्शःशोफोदरकफामयान् ।। 191 ।।

तस्मादल्पगुणः शीतरसः संलेखनः स्मृतः ।। 192 ।। [107 R.]

Sīdhu or Sīdhu Pakva Rasa

The alcoholic drink prepared of boiled sugarcane-juice is called *pakva rasa sīdhu.*

Attribute : Unctuous.

Action : Digestive stimulant.

Specific action : Cardiac tonic, promoter of voice, strength and complexion as well as appetiser.

Therapeutic usage : Cures *vibandha* (constipation), *meha* (obstinate urinary diseases including diabetes), *śopha* (oedema), *arśas* (piles), *udara* (obstinate abdominal diseases including ascites) and diseases caused by vitiated *kapha.*

Note : i) It aggravates *vāyu* and *pitta.*

ii) It is better of two, i.e. *sīdhu pakva rasa* and *śīta rasa.*

Śīta Rasa

It alcoholic drink is prepared as *āsava,* i.e., if unboiled sugar cane juice is used, then it is called *śīta rasa.*

Note : i) It is inferior in properties.

ii) It is depleting.

[VIII. 190 – 192]

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97. (क) रेचनो

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जाम्बवः क्षौद्रसम्भूतो[98] जम्बूरसगुडोद्भवः ।
जाम्बवो बद्धनिष्यन्दः कषायोऽनिलकोपनः ।। 193 ।।

Jāmbava (Alcoholic Drink Prepared of Syzygium cumini)

The alcoholic drink prepared of honey, juice of *jambū* and jaggery is called *jāmbava.*

Taste : Astringent.

Note : i) It helps in the prevention of excretion.

ii) It vitiates *vāyu.*

[VIII. 193]

अरिष्टासवादि

अरिष्टासवसीधूनां गुणान् कर्माणि चादिशेत् ।
बुद्ध्या यथा स्वसंस्कारमवेक्ष्य कुशलो भिषक् ।। 194 ।।

Ariṣṭa, Āsava, etc.

A wise physician should determine the properties of *ariṣṭa, āsava* and *sīdhu* on the basis of their pharmaceutical process followed in their preparation.

[VIII. 194]

त्याज्यमद्यम्

सान्द्रं विदाहि दुर्गन्धि विरसं कृमिसंकुलम् ।
अह्यं तरुणं रूक्षमुष्णं दुर्भाजने स्थितम् ।। 195 ।।

अल्पौषधं पर्युषितमत्यर्थं पिच्छिलं च यत् ।
कफप्रकोपि तन्मद्यं दुर्जरं च विशेषतः ।। 196 ।।

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98. (क) क्षौद्रसुमना

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Prohibited Alcoholic Drinks

The alcoholic drink which has the following characteristic features, is difficult for digestion, and it vitiates *kapha* :

- which is *sāndra* (dense or thick);
- which is *vidāhi* (causes burning sensation);
- which has putrid smell;
- which has bad taste;
- which contains number of *krimis* (maggots);
- which is *ahṛdya* (not liked);
- which is freshly prepared;
- which is ununctuous and hot;
- which has been kept in a uncleaned or inappropriate container;
- which is prepared with small quantities of drugs;
- which is (improperly) preserved for a long time; and
- which is slimy.

[VIII. 195–196]

पित्तप्रकोपि बहुलं तीक्ष्णमुष्णं विदाहि च ।
अह्द्यं पेशलं पूति कृमिलं विरसं गुरु ।। 197 ।।

The alcoholic drink which has the following characteristic features, aggravates *pitta* :

- which is exceedingly sharp (*tīkṣṇa*);
- which is *uṣṇa* (hot);
- which is *vidāhi* (causes burning sensation);
- which is *ahṛdya* (not liked);
- which is *peśala* (fraudulent);
- which has putrid smell;
- which contains *kṛmi* (maggots);

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- which is of bad taste; and
- which is heavy.

[VIII. 197]

तथा पर्युषितं वापि विद्यादनिलकोपनम् ।
सर्वदोषैरुपेतं तु सर्वदोषप्रकोपनम् ॥ 198 ॥

The alcoholic drink which has the above mentioned characteristic features, even if preserved for a long time, aggravates *vāyu.*

If alcoholic drink contains all the above described defects (from verse nos. 195–197), then this type of alcohol aggravates all the three *doṣas,* namely, *vāyu, pitta* and *kapha.*

[VIII. 198]

सेवनयोग्यमद्यम्

चिरस्थितं जातरसं दीपनं कफवातजित् ।
रुच्यं प्रसन्नं सुरभि मेध्यं सेव्यं महाहवम् ॥ 199 ॥

Appropriate Alcohol Drink

The alcohol drink which is preserved for a long time; which has obtained the juice of all the drugs; which is digestive stimulant; which alleviates *kapha* and *vāyu;* which is appetiser; which is clean; which contains good smell an which promotes intellect should be taken by a person.

[VIII. 199]

अज्ञातगुणमद्यस्य निषेधः

तस्मान्नैकप्रकारस्य मद्यस्य रसकीर्तनात् ।
स सौक्ष्म्यादौष्यवातत्वाद्विकाशित्वात्त्ववह्निनुत् ॥ 200 ॥

समेत्य हृदयं प्राप्य धमनीरूर्ध्वमार्गतः ।
विक्षुभ्येन्द्रियचेतांसि मदयत्याशु वीर्यतः ॥ 201 ॥

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There are errors in these two verses; hence left untranslated.

[VIII. 200 – 201]

दोषभेदेन मदः

चिरेण श्लेष्मके पुंसि पातनो जायते मदः ।
अचिराद्वातिके दृष्टः पैत्तिके शीघ्रमेव च ।। 202 ।।

Alcoholism According to the Doṣas

Alcoholism is produced after a long time in *kapha*-dominating person; it is produced after a short period in *vāta*-dominating person; and it is instantaneously produced in *pitta*-dominating person.

[VIII. 202]

नवीनमद्यादिगुणाः

नवं मद्यमभिष्यन्दि त्रिदोषजनकं सरम् ।
अह्द्यं[99] बृंहणं दाहि दुर्गन्धि ि्शदं गुरु ।। 203 ।।

Fresh Wines

Attributes : Heavy and *viśada* (non-slimy).

Specific action : Laxative and nourishing.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It is not good for heart.

iii) It causes burning sensation.

iv) It contains putrid smell.

v) It vitiates all the three *doṣas*.

[VIII. 203]

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99. (ख) अरिष्टं

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जीर्णमद्यादिगुणाः

जीर्णं तदेव रोचिष्णु कृमिश्लेष्मानिलापहम् ।
ह्रद्यं सुगन्धि सुगुणं लघु स्रोतोविशोधनम् ।। 204 ।।

Preserved Wine

Attribute : Light.

Specific action : Cardiac tonic, relishing and alleviator of *kapha* and *vāyu*.

Therapeutic usage : Cures *kṛmi* (parasitic infestation).

It cleanses the *srotas* (channels of circulation).

Note : i) It contains good smell.

ii) It is endowed with good qualities.

[VIII. 204]

मदभेदाः

सात्त्विके गीतहास्यादि राजसे साहसादिकम् ।
तामसे निन्द्यकर्माणि निद्रादि कुरुते मदः[100] ।। 205 ।।

Intoxicating Effect on Different Types of Persons

Intake of alcoholic drink makes a *sāttvika* type of person to sing, laugh, etc. In a *rājasika* type of person, it promotes strength or courage. In a *tāmasika* type of person, intake of alcohol produces despisable actions and they get excessive sleep, etc., after taking alcoholic drinks.

[VIII. 205]

चुक्रगुणाः

चुक्रं[101] कफघ्नं तीक्ष्णोष्णं लघु रोचनपाचनम् ।
[107 V.] पाण्डुक्रिमिहरं रूक्षं भेदनं रक्तपित्तकृत् ।। 206 ।।

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100. (ख) तदा 101. (क) शुककफघ्नं

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Cukra (Vinegar)

Attributes : Light, ununctuous and sharp.

Potency : Hot.

Action : *Pācana* (carminative).

Specific action : Purgative, appetiser and alleviator of *kapha*.

Therapeutic usage : Cures*pāṇḍu* (anemia) and *krimi* (parasitic infestation).

Note : It produces*rakta pitta* (a condition characterised by bleeding from different parts of the body).

[VIII. 206]

गुडादिजनितमद्यगुणाः

गौडादिरसयुक्तानि मद्यान्युक्तानि यानि च ।
यथापूर्वं गुरुतराण्यभिष्यन्दकराणि च ।। 207 ।।

Alcohol Prepared from Guḍa (Jaggery), etc.

Among the alcoholic drinks which are prepared from jaggery, juice etc., and prescribed above, the former ones are more heavy and *abhiṣyandi* (which obstruct the channels of circulation) than latter ones.

[VIII. 207]

कांजिकगुणाः

स्यात्कांजिकं तु सौवीरमारनालं तु दोषकृत् ।
कांजिकं शिशिरस्पर्शं पाचनं रोचनं लघु ।। 208 ।।

Kāñjika (A Type of Vinegar)

Syn. : *Kāñjika, sauvīra, āranāla* and *doṣakṛt.*

Attribute : Light.

Action : Carminative.

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Specific action : Appetiser.

Note : It is cold to touch.

[VIII. 208]

तुषोदकादिभेदगुणाः

तुषोदकं यवैरामैः सतुषैः सकलैः कृतम् ।
सौवीरकं कृतं त्वामैः पक्वैर्वा निस्तुषैर्यवैः ।। 209 ।।

गोधूमैस्तु सुराम्लं[102] स्यात्सौवीरमिति क्वचित् ।
तुषाम्बु दीपनं ह्यद्यं पाण्डुक्रिमिगदापहम् ।। 210 ।।

सौवीरक–कांजिकयोर्गुणाः

सौवीरकं ग्रहण्यर्शोनाशनं भेदि दीपनम् ।
धान्याम्लं धान्ययोनित्वात्प्रीणनं लघु दीपनम् ।। 211 ।।

स्पर्शाद्दाहकरं पानात्पाचनं[103] श्लेष्मनाशनम् ।
[108 R.] गण्डूषान्मुखवैरस्यदौर्गन्ध्यकफकृन्तनम् ।। 212 ।।

इति मदभेदाः

[दाहज्वरापहं स्पर्शात्पानाद्धातक्षयापहम् ।
विबंधघ्नमविग्राहि दीपनं चापि कांजिकम् ।।]

Tuṣodaka, etc. (Another Type of Vinegar)

Tuṣodaka

Tuṣodaka is prepared by the powder of unboiled *yava* (barley) with its husk.

Action : *Dīpana* (digestive stimulant).

Specific action : Cardiac tonic.

Therapeutic usage : Cures *pāṇḍu* and *krimi gada* (diseases caused by

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102. (ख) सर्वे रसै रसाम्लं 103. (क) स्पर्शाद्दाहं हरत्याशु पवनश्लेष्म०

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parasitic infestation).

Sauvīraka

Sauvīraka is prepared of unboiled or boiled dehusked *yava* (barley).

In some places, *surāmla* (sour variety of *surā* or alcoholic drink) prepared of *godhūma* is called *sauviraka*.

Action : *Dīpana* (digestive stimulant).

Specific action : Purgative.

Therapeutic usage : Cures *grahaṇī* (sprue syndrome) and *arśas* (piles).

Dhānyāmla

Attribute : Light.

Action : *Dīpana* (digestive stimulant).

Note : i) It is refreshing because of the properties of *dhānya* which is the main source of this preparation.

ii) By touch, it causes *dāha* (burning sensation).

iii) If taken internally, it works as *pācana* (carminative) and alleviates *kapha*.

iv) If used for rinsing, it cures *mukha vairasya* (distaste in the mouth), *daurgandhya* (foul smell of the mouth) and vitiated *kapha*.

[VIII. 209–212]

Kāñjika

Action : *Dīpana* (digestive stimulant).

Specific action : Alleviates *vāyu*.

Therapeutic usage : Cures *kṣaya* (consumption) and *vibandha* (constipation).

Note : i) It is not *vigrāhi* (constipative).

ii) By touch, it cures *dāha* (burning sensation) and *jvara* (fever).

[This verse appears to be an interpolation –vide verse No. 208]

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गोहस्तिमहिषादिमूत्रगुणाः

मूत्रं गोनाग[104]महिषीहयाजा[105]विखरोष्ट्रजम् ।
नराणां च भवेत्सर्वं पाचनं दीपनं लघु ।। 213 ।।

लवणाम्लरसं[106] तिक्तं रूक्षं स्रोतोविशोधनम् ।
पित्तलं कटुकं ह्यं भेदि वातानुलोमनम् ।। 214 ।।

निहन्ति वातगुल्मार्शःशोफोदरकफक्रिमीन् ।
कुष्ठपाण्डुगदानाहविषशूलारुचीस्तथा ।। 215 ।।

Urine of Cow, Elephant, Buffalo, etc.

The urine of cow, elephant, buffalo, horse, goat, sheep, donkey, camel and human-beings has the following properties :

Taste : Saline, sour, bitter and pungent.

Attributes : Light and ununctuous.

Action : *Dīpana* (digestive stimulant) and *pācana* (carminative).

Specific action : Purgative, cardiac tonic and alleviator of *vāyu* and *kapha*. It helps in the downward movement of *vāyu* (wind).

Therapeutic usage : Cures *gulma* (phantom tumour), *arśas* (piles), *śopha* (oedema), *udara* (obstinate abdominal diseases including ascites), *krimi* (parasitic infestation), *kuṣṭha* (obstinate skin diseases including leprosy), *pāṇḍu* (anemia), *ānāha* (flatulence), *viṣa* (poisoning), *śūla* (colic pain) and *aruci* (anorexia).

It cleanses the *srotas* (channels of circulation).

[VIII. 213–215]

गोहस्तिमहिषमूत्राणां गुणाः

गोमूत्रं तेषु सर्वेषु मूत्रयोगे प्रशस्यते ।

Cow's Urine

In all types of urine, cow's urine is the best.

[VIII. 1/3rd of 216]

104. (क) गोनागमहिषी० 105. (क) ०हयाविखरो० 106. (ख) लवणानुरसं

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हस्तिमूत्रं विषार्शोघ्नं कुष्ठगुल्मक्रिमीन् जयेत् ।

Elephant's Urine

Therapeutic usage : Cures *viṣa* (poisoning), *arśas* (piles), *kuṣṭha* (obstinate skin diseases including leprosy), *gulma* (phantom tumour) and *krimi* (parasitic infestation).

[VIII. 2/3rd of 216]

माहिषं शोफगुल्मार्शःपाण्डुमेहेषु योजयेत् ।। 216 ।। [108 V.]

Buffalo's Urine

Therapeutic usage : Cures *śopha* (oedema), *gulma* (phantom tumour), *arśas* (piles), *pāṇḍu* (anemia) and *meha* (obstinate urinary disorders including diabetes).

[VIII. 3rd line of 216]

अश्वमूत्रगुणाः

आश्वं भेदि विशेषेण कफदद्रुकृमीन् हरेत् ।। 217 ।।

Urine of Horse

Specific action : Purgative and alleviator of *kapha*.

Therapeutic usage : Cures *dadru* (ring-worm) and *kṛmi* (parasitic infestation).

[VIII. 217]

अजामूत्रगुणाः

आजं गुल्मविषश्वासकामलापाण्डुदोषजित् ।। 218 ।।

Goat's Urine

Specific action : Alleviates *doṣas*.

Therapeutic usage : Cures *gulma* (phantom tumour), *viṣa* (poisoning), *śvāsa* (dyspnoea), *kāmalā* (jaundice) and *pāṇḍu* (anemia).

[VIII. 218]

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आविकमूत्रगुणाः

आविकं शोफकुष्ठार्शोमेहवर्चोग्रहापहम् ।। 219 ।।

Sheep's Urine

Therapeutic usage : Cures *śopha* (oedema), *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *meha* (obstinate urinary disorders including diabetes) and *varcograha* (retention of stool).

[VIII. 219]

गर्दभमूत्रगुणाः

गार्दभं ग्रहणीमेहकुष्ठोन्मादकृमीन् जयेत् ।। 220 ।।

Urine of Donkey

Therapeutic usage : Cures *grahaṇī* (sprue syndrome), *meha* (obstinate urinary disorders including diabetes), *kuṣṭha* (obstinate skin diseases including leprosy), *unmāda* (insanity) and *kṛmi* (parasitic infestation).

[VIII. 220]

उष्ट्रमूत्रगुणाः

औष्ट्रमुन्मादशोफार्शःकृमिशूलोदरापहम् ।। 221 ।।

Camel's Urine

Therapeutic usage : Cures *unmāda* (insanity), *śopha* (oedema), *arśas* (piles), *kṛmi* (parasitic infestation), *śūla* (colic pain) and *udara* (obstinate abdominal disorders including ascites).

[VIII. 221]

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नरमूत्रगुणाः

नरमूत्रं गरं[107] हन्ति सेवितं सुरसायनम् ।। 222 ।।

Human Urine

Specific action : An excellent rejuvenating agent.

Therapeutic usage : Cures *gara* (poisoning).

[VIII. 222]

स्त्रीपुंसमूत्रे विशेषः

गोऽजाविमहिषीणां च स्त्रीणां मूत्रं प्रशस्यते ।
खरोष्ट्रेभनराश्वानां पुंसां मूत्रं हितं मतम् ।। 223 ।।

इति मूत्रवर्गः

Specific Male and Female Urine

Female Urine

The urine of females of cattle, goat, sheep and buffalo is more useful.

Male Urine

The urine of males of donkey, camel, elephant, human being and horse is more useful.

[VIII. 223]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र । [109 R.]
ग्रन्थेऽभून्मदनविनोदनाम्नि
पूर्णो वर्गोऽयं रसद्रवोदकानाम् ।। 224 ।।

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107. (ख) गदं

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Colophon

Description of the group of drugs beginning with *pānīya* or water (*Pānīyādi varga*) in the work called *Madana vinoda* composed for the benefit of physicians, by the reputed King Madana having the tittle *Kaṭāra malla* is completed.

[VIII. 224]

इति मदनपालनिघण्टौ पानीयादिगुणवर्गोऽष्टमः ।। 8 ।।

Thus, ends the eighth group consisting of drinks called *Pānīyādi varga* in *Madanapāla nighaṇṭu.*

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CHAPTER IX

इक्षुकादिवर्गः

(Group of sugar-cane and its products)

मृद्भक्षिताऽनेन रुषेति वक्त्रे प्रसारिते वीक्ष्य ततो जगन्ति
सविस्मयं सादरमीक्ष्यमाणं यशोदया नन्दसुतं[1] नमामि ।। 1 ।।

Invocation

I pray Lord Krishna, the Son of Nanda, who, during his infancy was taking mud, and when Yaśodā (His mother) forced open the mouth to remove the mud, had the astonishing sight of the entire universe inside (Lord Krishna's mouth).

[IX. 1]

इक्षुभेदनामगुणाः

इक्षुर्महारसो वेणुर्निःसृतो गुडपत्रकः ।
तृणराजो मधुतृणो गण्डीरोऽमृतपुष्पकः[2] ।। 2 ।।

ह्रस्वमूलो लोहितेक्षुः पौण्ड्रिकः[3] पौण्ड्रकोऽपरः[4] ।
रसालः सुकुमारोऽपि कृष्णेक्षुर्भीरुको मतः ।। 3 ।।

इक्षुः स्वादुर्गुरुः शीतो वृष्यः स्निग्धो बलप्रदः ।
[109V.] जीवनो वातपित्तघ्नः कुर्यान्मूत्रकफक्रिमीन् ।। 4 ।।

Ikṣu (Sugar Cane)

Syn. : Ikṣu, mahārasa, veṇu, nihsṛta, guḍa patraka, tṛṇarāja, madhu tṛṇa, gaṇḍīra, amṛta puṣpaka, hrasva mūla, lohitekṣu and *pauṇḍrika.*

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1. (क) नन्दसिंहं 2. (क) ०मृतपत्रकः 3. (क) पौण्ड्रकः 4. (क) पुण्ड्रको रसः

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Other Varieties

Paunḍraka, rasāla, sukumāra, kṛṣṇekṣu and *bhīruka* — these are some of the other varieties of sugar-cane.

Ikṣu

Tast : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Life giver, aphrodisiac, strength promoting, diuretic and alleviator of *vāyu* and *pitta*.

Note : i) It produces *krimi* (parasitic infestation).

ii) It aggravates *kapha*.

[IX. 2 – 4]

स मूले मधुरोऽत्यर्थं मध्ये मधुर एव च ।
अग्रग्रन्थिषु विज्ञेयो लवणो मूत्रलस्तथा[5] ।। 5 ।।

Taste of the Different Parts of Ikṣu

The *mūla* or root (lower part of the stem) of *ikṣu* is extremely sweet.

The middle part of the setm is moderately sweet.

The upper part and nodules are saline in taste. These are diuretic.

[IX. 5]

लोहितेक्षुर्गुरुः शीतो दाहपित्तास्रकृच्छ्रनुत् ।
पौण्ड्रकः शीतलः स्निग्धो बृंहणः कफकृत्सरः[6] ।। 6 ।।

Lohitekṣu (Red Variety of Sugar Cane)

Attribute : Heavy.

Potency : Cold.

Therapeutic usage : Cures *dāha* (burning sensation), *pittāsra* (a disease characterised by bleeding from different parts of the body) and *kṛcchra* (dysuria).

5. (क) रसतस्तथा
6. (क) तत्सरः

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Pauṇḍraka

Attribute : Unctuous.

Potency : Cold.

Specific action : Laxative and nourishing.

Note : It aggravates *kapha*.

[IX. 6]

कृष्णेक्षुस्तद्गुणो वंशः क्षारः किंचित्तु तत्समः[6] ।
वंशवच्छतपोरोऽपि किंचिदुष्णः समीरजित् ।। 7 ।।

Kṛṣṇekṣu and Vaṃśa

Kṛṣṇekṣu (black variety of sugar-cane) has similar properties like *pauṇḍraka*.

Vaṃśa (sugar-cane having strong fibre like bamboo) is also like *pauṇḍraka* in properties, but is slightly alkaline.

Śatapora

It is like *vaṃśa* in properties. It is slightly hot in potency and it alleviates *vāyu*.

[IX. 7]

कांतारतापसौ तद्वत्काष्ठेक्षुर्वातलो हिमः ।
काशकारो[7] गुरुः शीतो रक्तपित्तक्षयापहः ।। 8 ।।

Kāntāra and Tāpasa

Both of these are like *vaṃśa*.

Kāṣṭhekṣu (Sugar Cane Having Woody Pith)

Potency : Cold.

Note : It aggravates *vāyu*.

Kāśakāra

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7. (ख) कासकारो

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Attribute : Heavy.

Potency : Cold.

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body) and *kṣaya* (consumption).

[IX. 8]

सूचीपत्रो नीलपरो नैपालो दीर्घपत्रकः ।
वातलः कफपित्तघ्नः स कषायोऽतिदाहकृत् ।। 9 ।।

इक्षुभेदः

Sūcīpatra, Nīlapara, Naipāla and Dīrghapatraka

Taste : Astringent.

Specific action : Alleviate *kapha* and *pitta*.

Note : i) They cause *dāha* (burning sensation) in excess.

ii) They aggravate *vāyu*.

[IX. 9]

इक्षुरसगुणाः

[110R.] दन्तनिष्पीडितस्तेषां रसः पित्तास्रनाशनः ।
शर्करासमवीर्यः स्यादविदाही कफप्रदः ।
गुरुर्विदाही विष्टम्भी यान्त्रिकस्तु प्रकीर्त्तितः ।। 10 ।।

Ikṣu Rasa (Sugar Cane Juice)

Juice Extracted by Chewing

Potency : Cold (like that of *śarkarā*).

Therapeutic usage : Cures *pittāsra* (a condition characterised by bleeding from different parts of the body).

Note : i) It does not cause burning sensation.

ii) It aggravates *kapha*.

Juice Extracted by Machine

Attribute : Heavy.

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Specific action : Constipative.

Note : It causes burning sensation.

[IX. 10]

मत्स्यण्डी (खण्ड आदि) नामगुणाः

सिता मत्स्यण्डिका पल्ली मीनाण्डी[8] बलकस्तथा[9] ।
अन्या विषपलद्गन्धा शिग्रुका कृत्तिकाऽमला[10] ।। 11 ।।

खण्डमन्यत्खण्डसिता माधवी मधुशर्करा ।
यवासशर्कराऽन्या सा यवासक्वाथसम्भवा ।। 12 ।।

गुदामये कासे शोफे च मेहे गुल्मामये पाण्डुहलीमके च ।
वाते च पित्तास्रे च राजयक्ष्मे रुचिप्रदो रोगहरो गुडः स्यात् ।। 13 ।।

कासे शोफे गुदे नष्टे अन्यत्रापि हितो मतः ।
योगयुक्तोऽपि सर्वत्र हितो गुडगुणा इव ।। 14 ।।

गुडगुणाः

अन्या पुष्पसिता प्रोक्ता पुष्पसंस्कृतशर्करा ।
[110V.] फाणितं क्षुद्रगुडको[11] गुडस्त्विक्षुरसोद्भवः ।। 15 ।।

मत्स्यण्डी ग्राहिणी बल्या गुरुः पित्तानिलापहा ।। 16 ।।

फेणिगुण

सितोपलानामगुणाः

सितोपला सरा[12] गुर्वी वातपित्तहरा हिमा ।। 17 ।।

खण्डगुणाः

खण्डमप्येवमुद्दिष्टं[13] रुच्यं पुष्टिबलप्रदम् ।। 18 ।।

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8. (ख) (i) ममाण्डी (ii) मीनांसा 9. (क) पल्लकस्तथा
10. (क) अन्या सितोपला शुद्धा सिकता सत्रिका मता । 11. (क) क्षुद्रपुण्डको 12. (ख) सहा 13. (क) नवातखण्डमप्येवं

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मधुशर्करागुणाः

माध्वी शर्करा रूक्षा कफपित्तहरा गुरुः ।। 19 ।।

मधुशर्करा

यवासशर्करागुणाः

यवासशर्करा शीता वातला कफपित्तजित् ।। 20 ।।

यवासशर्करा

पुष्पसिताशर्करानामगुणाः

सिता पुष्पसिता हृद्या रक्तपित्तहरा गुरुः ।। 21 ।।

पुष्पवासिशर्करा

फाणितनामगुणाः

फाणितं गुर्वभिष्यन्दि दोषलं मूत्रशोधनम् ।। 22 ।।

मधूकनामगुणाः

मधूकं फाणितं बस्तिदूषणं वातपित्तलम् ।। 23 ।।

मधुकराव

गुडगुणाः

गुडः क्षारो गुरुः स्वादुर्वातपित्ताग्निकृत्सरः ।
[111R.] बल्यः कृमिश्लेष्मकरो मूत्ररक्तविशोधनः ।
जीर्णो हृद्यो लघुः पथ्यो नाभिष्यन्द्यग्निपुष्टिकृत् ।। 24 ।।

गुडः

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Matsyaṇḍī

Syn. : *Sitā, matsyaṇḍikā, pallī, mīnāṇḍī* and *valaka.*

Attribute : Heavy.

Specific action : Constipative, strength promoting and alleviator of *pitta* and *vāyu.*

Sitopalā or Viṣapaladgandhā (Big Crystal Sugar)

Syn. : *Viṣapaladgandhā, śigrukā, kṛttikā* and *amalā.*

Attribute : Heavy.

Potency : Cold.

Specific action : Laxative and alleviator of *vāyu.* and *pitta.*

Khaṇḍa (Brown Sugar)

Syn. : *Khaṇḍa* and *khaṇḍa sitā.*

Specific action : Promotes appetite, nourishment and strength.

Note : It is like *sitopalā* in other properties.

Madhu Śarkarā (Sugar of Honey)

Syn. : *Mādhavī* and *madhu śarkarā.*

Attribute : Heavy and ununctuous.

Specific action : Alleviates *kapha* and *pitta.*

Yavāsa Śarkarā (Sugar Extracted from Yavāsa)

Syn. : *Yavāsa śarkarā* and *yaväsa-kvātha-sambhavā.*

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Note : i) It aggravates *vāyu.*

ii) It is prepared from the decoction of *yavāsa.*

Puṣpasitā

Syn. : *Puṣpa sitā* and *puṣpa-saṃskṛta-śarkarā.*

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Attribute : Heavy.

Specific action : Cardiac tonic.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Phāṇita (Penidium)

Syn. : *Phāṇita* and *kṣudra guḍaka.*

Attribute : Heavy.

Therapeutic usage : Cleanses urine.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It vitiates *doṣas.*

Phāṇita Prepared from the Flowers of Madhūka (Madhuca indica)

It vitiates *basti* (pelvic region) and aggravates *vāyu* and *pitta.*

Guḍa (Jaggery)

Syn. : *Guḍa* and *ikṣurasodbhava.*

Taste : Sweet.

Attribute : Heavy.

Action : Stimulates digestion.

Specific action : Laxative and strength promoting and appetiser.

Therapeutic usage : Cures *gudāmaya* (anal diseases), *kāsa* (bronchitis), *sopha* (oedema), *meha* (obstinate urinary diseases including diabetes), *gulma* (phantom tumour), *pāṇḍu* (anemia), *halīmaka* (serious type of jaundice), *pittāsra* (a condition characterised by bleeding from different parts of the body), *rājayakṣmā* (tuberculosis) and prolapse of rectum.

It cleanses the urine and blood.

Note : i) It aggravates *vāyu, pitta* and *kapha.*

ii) It produces *kṛmi* (parasitic infection).

iii) If *guḍa* (jaggery) is added to another recipe, that recipe also contains the properties of the former.

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Jīrṇa Guḍa (Old Jaggery)

Attribute : Light.

Specific action : Cardiac tonic and nourishing.

Note : i) It is wholesome.

ii) It is not *abhiṣyandi* (which obstructs the channels of circulation).

[IX. 11–24]

इक्षोर्विकारान्विमलान् यथा कुर्युर्गुणांश्च ते ।
तृड्दाहमूर्च्छापित्तासृग्विषमेहहरा हिमाः ।
गुरवो मधुरा बल्याः स्निग्धा वातहराः सराः ।। 25 ।।

इति इक्षुवर्गः

Ikṣu Vikāra (Preparations of Sugar-Cane)

The properties of the preparations of *ikṣu* (sugar-cane) depend upon the extent of freedom from impurity. Freedom from impurity increases their qualities progressively. Generally, they have following properties :

Taste : Sweet.

Attribute : Heavy and unctuous.

Potency : Cold.

Specific action : Laxative, promoter of strength and alleviator of *vāyu*.

Therapeutic usage : Cure *tṛṭ* (morbid thirst), *dāha* (burning syndrome), *mūrcchā* (fainting), *pittāsṛk* (a disease characterised by bleeding from different parts of the body), *viṣa* (poisoning) and *meha* (obstinate urinary diseases including diabetes ?).

[IX. 25]

मधुनामगुणाः

मधु पुष्पासवः पुष्परसो माक्षिकमीरितम् ।
माक्षिकं पैत्तिकं[14] क्षौद्रं भ्रामरं मधु विस्तरात् ।। 26 ।।

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14 – 15 (ख) पौत्तिकं

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माक्षिकं तैलसङ्काशं पैत्तिकं[15] घृतसन्निभम् ।
क्षौद्रं कपिलवर्णं स्याद् भ्रामरं स्फटिकोपमम् ।। 27 ।।

मधु शीतं लघु स्वादु रूक्षं ग्राहि विलेखनम् ।
चक्षुष्यं दीपनं स्वर्यं व्रणशोधनरोपणम् ।। 28 ।।

वर्ण्यं मेधाकरं वृष्यं विशदं रोचनं जयेत् ।
[111V.] कुष्ठार्शःकासपित्तासृक्कफमेहक्लमक्रिमीन् ।। 29 ।।

मदतृष्णावमिश्वासहिक्कातीसारहृद्ग्रहान् ।
दाहक्षतक्षयास्रं तु योगवाह्यल्पवातलम् ।। 30 ।।

मधु

Madhu (Honey)

Syn. : *Madhu, puṣpāsava, puṣparasa* and*mākṣika.*

Varieties : *Mākṣika, paittika, kṣaudra* and *bhrāmara.*

Taste : Sweet.

Attributes : Light, ununctuous and *viśada* (non-slimy).

Potency : Cold.

Action : Digestive stimulant.

Specific action : Constipative, aphrodisiac, depleting, promoter of eye-sight, voice, complexion, intellect and appetite and alleviator of *kapha.*

Therapeutic usage : Cures *kuṣṭha* (obstinate skin diseases including leprosy), *arśas* (piles), *kāsa* (bronchitis), *pittāsṛk* (a disease characterised by bleeding from different parts of the body), *meha* (obstinate urinary disorders including diabetes), *klama* (mental fatigue), *krimi* (parasitic infestation), *mada* (intoxication), *tṛṣṇā* (morbid thirst), *vami* (vomiting), *śvāsa* (dyspnoea), *hikkā* (hiccup), *atisāra* (diarrhoea), *hṛdgraha* (rigidity in cardiac region), *dāha* (burning syndrome), *kṣata kṣaya* (phthisis) and *asra* (vitiation of blood).

It helps in cleansing and healing the*vraṇa* (ulcer).

Note : i) It is *yogavāhī* (which enhances the efficacy of other drugs when mixed).

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ii) It slightly aggravates *vāyu.*

[I.X. 26 – 30]

माक्षिकं मधुषु श्रेष्ठं नेत्रामयहरं लघु ।
पैत्तिकं[16] मधु रूक्षोष्णं पित्तदाहास्रवातकृत् ।। 31 ।।

क्षौद्रं माक्षिकमप्येवं विशेषान्मेहनाशनम् ।
भ्रामरं रक्तपित्तघ्नं मूत्रजाड्यकरं गुरु ।। 32 ।।

Properties of Different Varieties of Honey

Mākṣika

It is like oil in colour.

Attribute : Light.

Therapeutic usage : Cures *netrāmaya* (eye-diseases).

Note : This type of honey is the best among all the varieties.

Paittika

It is like ghee in colour.

Attribute : Ununctuous.

Potency : Hot.

Note : i) It produces *dāha* (burning sensation).

ii) It vitiates *pitta, vāyu* and blood.

Kṣaudra

It is reddish brown in colour.

It shares the properties of *mākṣika* type of honey. Specially, it cures *meha* (obstinate urinary disorders including diabetes).

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16. (ख) पैत्तिकं

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Bhrāmara

It is like *sphaṭika* (crystal).

Attribute : Heavy.

Specific action : Diuretic.

Therapeutic usage : Cures *rakta pitta* (a condition characterised by bleeding from different parts of the body).

Note : It produces *jāḍya* (rigidity).

[IX. 31–32]

नवीनं मध्वभिष्यन्दि स्निग्धं श्लेष्महरं सरम् ।
पुराणं ग्राहि तद्रूक्षं मेदोघ्नमतिलेखनम् ।। 33 ।।

Fresh and Preserved Honey

Fresh Honey

Attribute : Unctuous.

Specific action : Laxative and alleviator of *kapha*.

Note : This type of honey is *abhiṣyandi* (which obstructs the channels of circulation).

Preserved (Old) Honey

Attribute : Ununctuous.

Specific action : Constipative.

Therapeutic usage : Reduces *medas* (fat).

Note : It is exceedingly depleting.

[IX. 33]

विषादिपुष्टपुष्पेभ्यः सविषा माक्षिकादयः ।
मधु चिन्वन्ति तस्मात्तत्स्वभावात्सविषं स्मृतम् ।। 34 ।।

तस्मादग्न्यातपाक्तप्तं तद्भुक्तं हन्ति मानवम् ।
[112 R.] उष्णे काले च देशे च द्रव्यैरुष्णैश्च योजितम् ।। 35 ।।

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Adverse Effects of Heated Honey

Flowers, etc. get nourishment from poisonous (ingredients). When honey-bees suck the juice of these flowers, they become poisonous. Thus, honey collected by them is also poisonous by nature.

If this honey is heated by fire or by exposing to sun's rays, and taken by a person either during summer season or in a hot place or by mixing with hot drugs, then it kills that person like a poison.

[IX. 34 – 35]

निरूहे छर्दने तज्ज्ञैस्तदुक्तं न निवार्यते ।
तस्मात्पाकमलब्ध्वैव तयोस्तद्विनिवर्तते ।
आमामये जलेनापि तद्वद्रवे न विरुध्यते[17] ।। 36 ।।

मधुगुणाः

Exceptions

Use of heated honey is not prohibited in *nirūha* (a type of enema) and *chardana* (emetic) therapies, because in such conditions, honey comes out along with stool or vomiting before it gets digested.

Intake of this type of heated honey is also not prohibited along with water in the diseases caused by *āma* (product of improper digestion and metabolism).

[IX. 36]

मधूच्छिष्टा (मोम) नामगुणाः

मदनं मधुजं सिक्थं मधूच्छिष्टं मधूषितम् ।। 37 ।।

मदनं मृदुसुस्निग्धं भूतघ्नं व्रणरोपणम् ।
भग्नसन्धानकृद्धातकुष्ठवीसर्परक्तजित् ।। 38 ।।

महण

Madhūcchiṣṭa (Bees Wax)

Syn. : *Madana, madhuja, siktha, madhūcchiṣṭa* and *madhūṣita.*

Attributes : Unctuous and *mṛdu* (soft).

[17] 17. (ख) निरुध्यते

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Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures *bhūta* (afflictions by evil spirits), *kuṣṭha* (obstinate skin diseases including leprosy), *visarpa* (erysipelas) and *rakta* (vitiation of blood).

It heals ulcers and fracture of bones.

[IX. 37–38]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि पूर्णो
वर्गोऽयं मधुररसादिरिक्षुकादिः ॥ 39 ॥ [112 V.]

Colophon

Description of the group dealing with sugar-cane and its preparation (*Ikṣukādi varga*) in the work called *Madana vinoda* composed for the benefit of physicians by the reputed King Madana having the title *Kaṭara malla* is composed.

[IX. 39]

इति श्रीमदनपालनिघण्टाविक्षुकादिरसवर्णनं नाम नवमो वर्गः ॥ 9 ॥

Thus, ends the seventh group dealing with sugar-cane and its preparations (*Ikṣukādi varga*) in *Madanapāla nighaṇṭu.*

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CHAPTER X

धान्यवर्गः

(Group of cereals and pulses)

अजन्ममृत्युं बहुजन्ममृत्युं तमालभासं विशदप्रकाशम् ।
मुक्तिप्रदं बद्धमुलूखलेन त्रैलोक्यतातं शिशुमाश्रयामि ।। 1 ।।

Invocation

I surrender to the Infant (*Bāla*) Krishna who was tied to a churning-rod though He is the reliever of bondage for all, who took several births and surrendered to death several times though He has neither origin nor end, and who had a blue complexion like *tamāla* eventhough He is in reality transparently luminous.

[X. 1]

शाल्यादिनामगुणाः

शालयो रक्तशाल्याद्या व्रीहयः षष्टिकादयः ।
मुद्गादि वैदलं शैलं कंग्वादि तृणधान्यकम् ।
क्षुद्रधान्यं कुधान्यं तु शूकधान्यं यवादिकम् ।। 2 ।।

Śāli (oriza sativa), etc.

Rakta śāli, etc. belong to *śāli* group; *ṣaṣṭika* etc., belong to *vrīhi* group. *Mudga*, etc. belong to *vidala* (dicotyleden) group. *Śaila, kaṅgu*, etc., belong to *tṛṇa dhānyaka* group. *Kṣudra dhānya* is known as *kudhānya*. *Yava*, etc. belong to *śūka dhānya* group.

[X. 2]

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रक्तशालिर्लोहितः स्यादुगरुडः शकुनीहतः ।
सुगन्धिको महाशालिः कलमस्तु कलामकः ।। 3 ।।

रक्तशालिर्दीर्घशूकः पुण्ड्रो महिषमस्तकः ।
पूर्णचन्द्रो महाशालिः पुण्डरीकः प्रमादकः ।। 4 ।।

पुष्पाण्डकः[1] शीतभीरुः कांचनः शकुनीह्वतः[2] ।
पाण्डुगौरः शारिवाख्यो रोध्रपुष्पः सुगन्धकः ।
हायनो दीर्घलातश्च महादूषकदूषकौ ।। 5 ।।

Varieties of Śāli (Oriza sativa)

Rakta śāli is red in colour.

Garuḍa, śakunīhata, sugandhika, mahā śāli, kalama, kalāmaka, rakta śāli, dīrgha śūka, puṇḍra, mahiṣa mastaka, pūrṇa candra, mahā śāli, puṇḍarīka, pramādaka, puṣpāṇḍaka, śīta bhīru, kāñcana, śakunīhṛta, pāṇḍu gaura, śārivākhya, rodhrapuṣpa, sugandhaka, hāyana, dīrgha lāta, mahā dūṣaka and *dūṣaka* – these are the different varieties of *śāli*.

[X. 3 – 5]

शालिधान्यगुणाः

शालयो मधुराः स्निग्धा बल्याश्च बद्धवर्चसः ।
[113 R.] पित्तघ्नाऽल्पानिलकफा[3] मूत्रला लघवो हिमाः ।। 6 ।।

Properties

Śāli (Oriza sativa)

Taste : Sweet.

Attributes : Light and unctuous.

Potency : Cold.

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1. (क) पुष्पाटकः 2. (ख) शकुनांकिः
3. (क) ०अनिलकफहा

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Specific action : Strength-promoter, diuretic and alleviator of *pitta*.

Note : i) They cause the retention of stool.

ii) They slightly aggravate *vāyu* and *kapha*.

[X. 6]

रक्तशालिर्वरस्तेषां बल्यो वर्ण्यस्त्रिदोषजित् ।
चक्षुष्यो मूत्रलः स्वर्यः शुक्रलस्तृड्ज्वरापहः ।। 7 ।।

Rakta Śāli (Red Variety of Śāli)

Specific action : Promoter of strength, complexion, eye-sight, semen and urine, and alleviator of all the three *doṣas*.

Therapeutic usage : Cures *tṛṭ* (morbid thirst), *jvara* (fever), *viṣa* (poisoning) and *vraṇa* (ulcer).

Note : It is the best among all varieties of *śāli*.

Other varieties of *śāli* are slightly inferior to *rakta śāli* in their properties.

[X. 7 – 1/2 8]

विषव्रणहरः किंचित्तस्मादल्पगुणाः परे ।
वृष्यो बल्यो महाशाली[4] रक्तशालिगुणैः समः ।। 8 ।।

Mahā Śāli (Śāli with Bigger Grains)

Specific action : Aphrodisiac and strength promoting.

Note : It shares the properties of *rakta śāli*.

[X. 8 1/2]

कार्मुकः पीत आमोदो लघुर्वृष्यो मुकुन्दकः[5] ।। 9 ।।

Kārmuka, Pīta, Āmoda and Mukundaka (Varieties of Śāli)

Attribute : Light.

Specific action : Aphrodisiac. [X. 9]

षाष्टिकधान्यगुणाः

महाषष्टिककेदारपुष्पाङ्कुरबकादयः ।
षष्टिका मधुराः शीता लघवो बद्धवर्चसः ।

---

4. (क) महाशाली परं बल्यं 5. (क) कार्मुकः षष्टिकजं कशीतातः प्रमोदकः मुकुन्दकः ।

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वातपित्तप्रशमनाः शालीनां सदृशा गुणैः ।। 10 ।।

Different Varieties of Ṣaṣṭika, viz.

Mahā Ṣaṣṭika, Kedāra, Puṣpāṅkura, Baka, etc.

Taste : Sweet.

Attribute : Light.

Specific action : Alleviate *vāyu* and *pitta*.

Note : i) They cause retention of the stool.

ii) These are like *śāli* in properties.

[X. 10]

षष्टिकः प्रवरस्तेषां लघुः स्निग्धस्त्रिदोषजित् ।
पाके स्वादुर्मृदुर्ग्राही स्थैर्यकारी बलप्रदः ।। 11 ।।

Ṣaṣṭika (A Variety of Śāli)

Attribute : Light, unctuous and soft.

Vipāka : Sweet.

Specific action : Constipative, promoter of strength and steadiness and alleviator of all the three *doṣas*.

Note : *Ṣaṣṭika* is the best among all the varieties of *ṣāṣṭika dhānya*. [*Ṣaṣṭika* is the collective name of this sub-group and one specific variety of it.]

[X. 11]

कृष्णव्रीह्यादिधान्यगुणाः

रक्तशालिगुणैस्तुल्यास्तस्मादल्पगुणाः परे । [113 V.]
कृष्णव्रीहिस्तुरितकः कुक्कुटाण्डकपाटलौ ।। 12 ।।

Dhānya, like, Kṛṣṇa Vrīhi, etc. (Varieties of Paddy)

Kṛṣṇa vrīhi, turitaka, kukkuṭāṇḍaka and *pāṭala* are like *rakta śāli* in properties, but these are of inferior qualities.

[X. 12]

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राजीवाक्षः शलायुश्च नन्दी जन्तुमुखादयः ।
व्रीहयो मधुराः शीताः षष्टिकानां गुणैः समाः ॥ 13 ॥

Vrīhis, like – Rājīvākṣa, Śalāyu, Nandī, Jantumukha, etc.

Taste : Sweet.

Potency : Cold.

Note : These are like *ṣaṣṭika* in properties.

[X. 13]

कृष्णव्रीहिर्वरस्तेषां तस्मादल्पगुणाः परे ।

Kṛṣṇa vrīhi is the best among all types of *vrīhis*. Other *vrīhi* types of rice are inferior in properties.

[X. 1/2 14]

शालयो दग्धभुंजाना लघुरूक्षाः कफापहाः ॥ 14 ॥

Roasted Śālī

Attribute : Light and ununctuous.

Specific action : Alleviates *kapha*. [X. 14 1/2]

स्थलजाः स्वादवः पित्तकफघ्ना वातवह्निदाः ।
कैदारा वातपित्तघ्ना गुरवः कफशुक्रलाः ॥ 15 ॥

Sthalaja Śālī (Rice Grown in Plain Ground)

Taste : Sweet.

Action : Digestive stimulant.

Specific action : Alleviates *pitta* and kapha.

Note : It aggravates *vāyu*.

Kaidāra Śālī (Rice Cultivated in the Field)

Attribute : Heavy.

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Specific action : Promotes semen and alleviates *vāyu* and *pitta*.

Note : Aggravates *kapha*.

[X. 15]

रौप्यातिरौप्या लघवो मूत्रलास्ते गुणोत्तराः ।
छिन्नरूढा[6] हिमा रूक्षाः पित्तघ्ना लघुपाकिनः ।। 16 ।।

Raupyātiraupya Śāli (Rice Cultivated by Repeated Transplantation)

Attribute : Light.

Specific action : Diuretic.

Note : It is superior in quality.

Chinnarūḍha Śāli (Rice Grown after Transposition of the Plantt)

Attributes : Light (in digestion) and ununctuous.

Potency : Cold.

Specific action : Alleviates *pitta*.

[X. 16]

पुराणं नेत्रमन्धानां जलक्लिन्नं प्रयत्नतः ।
पुनर्विशोषितं सम्यग्घर्मे रूक्षं लघु स्मृतम् ।। 17 ।।

दीपनं पाचनं मेध्यं वातश्लेष्महरं परम् ।
व्रीहित्वं षष्टिकस्यापि भिन्नत्वं शीघ्रपाकतः ।। 18 ।।

Old Rice

Old rice is like an eye for blind persons. Rice when dried carefully in sun rays after soaking in water has following properties :

Attributes : Light and ununctuous.

Action : Digestive stimulant and carminative.

Specific action : Promotes intellect and alleviates *vāyu* and *kapha*.

6. (क) छिन्नभूता

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Saṣṭika type of rice belongs to *vrīhi* group but it differs from other varieties of *vrīhi* because it gets digested easily.

[X. 17 – 18]

गोधूमनामगुणाः

गोधूमः सुमनः क्षुद्रो मधूली रूपशीतला[7] ।
नन्दीमुखोऽल्पगोधूमो लोकेशी पासिकोच्यते ।। 19 ।।

गोधूमो मधुरः शीतो वातपित्तहरो गुरुः ।
कफशुक्रप्रदो बल्यः स्निग्धः सन्धानकृत्सरः ।
जीवनो बृंहणो वर्ण्यः स्यन्दी रुच्यः स्थिरत्वकृत ।। 20 ।।

मधूली शीतला स्निग्धा पित्तघ्नी मधुरा लघुः ।
शुक्रला बृंहणी पथ्या तद्वन्नन्दीमुखी मता ।। 21 ।।

एतस्मात्स्थूलगोधूमात्क्षुद्रो हीनतरो गुणैः ।। 22 ।।

Godhūma (Triticum aestivum)

Syn. : *Godhūma, sumana, kṣudra, madhūlī, rūpaśītalā, nandīmukha, alpa godhūma, lokeśī* and *pāsikā.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Laxative, life giver, nourishing, strength promoting, appetiser, promoter of complexion, steadiness and semen, and alleviator of *vāyu* and *pitta.*

Therapeutic usage : Helps in the union of broken tissues.

Note : i) It is *syandī* or *abhiṣyandī* (which obstructs the channels of circulation).

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7. (क) तुङ्गिसीतिका

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ii) It vitiates *kapha*.

Madhūlī Type of Godhūma

Taste : Sweet.

Attributes : Light and unctuous.

Potency : Cold.

Specific action : Promotes semen and nourishment and alleviates *pitta*.

It is wholesome.

Note : *Nandīmukhi* shares the properties of *madhūlī*.

Kṣudra type (small variety) of *godhūma* is inferior to *sthūla* type (variety having large grains) of *godhūma*.

[X. 19 –22]

यवनामगुणाः

यवः शुचिस्तीक्ष्णशूको निशूकोऽतियवोऽपरः[8] ॥ 23 ॥

यवः कषायो मधुरः शीतः पित्तकफास्रजित् ।
[114 R.] व्रणेषु तिलवत्पथ्यो रूक्षो मेधाग्निवर्द्धनः ।
लेखनो बद्धनिस्यन्दः स्वर्यो मेहतृषापहः ॥ 24 ॥

बहुवातमलः स्थैर्यवर्णकारी स पिच्छिलः ।
अस्मादतियवः किंचिद्गुणैर्न्यूनतरः स्मृतः ॥ 25 ॥

Yava (Hordeum vulgare)

Syn. : *Yava, śuci* and *tīkṣṇa śūka*.

Other variety

Niśūka and *atiyava*.

Taste : Sweet and astringent.

Attributes : Ununctuous and slimy.

8. (क) शितारच शूकगकागरः

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Potency : Cold.

Specific action : Depleting, promoter of intellect, power of digestion, voice, steadiness and complexion, producer of more of flatus and stool and alleviator of *pitta* as well as *kapha*.

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes), *tṛṣā* (morbid thirst), *asra* (vitiation of blood) and *vraṇa* (ulcer).

It helps in the *baddha nisyanda* (prevention of excretion).

Note : i) It is useful in *vraṇa* (ulceration) like *tila*.

ii) *Atiyava* is slightly inferior to *yaya* in properties.

[X. 23 – 25]

शिंबीधान्यनामगुणाः

शिम्बी मुद्गश्चणो माषः सतीनः सकुलायकः ।
मसूरश्चक्रमङ्गल्यौ मकुष्ठत्रिपुटादयः ।। 26 ।।

वैदला मधुरा रूक्षाः कषायाः कटुपाकिनः ।
वातलाः कफपित्तघ्ना बद्धमूत्रला हिमाः ।
ऋते मुद्गमसूराभ्यामन्ये त्वाध्मानकारकाः ।। 27 ।।

शिम्बी विष्टम्भिनो मेहदृष्टिघ्ना वातपित्तलाः ।
विशदा गुरवो ह्या रूक्षाः कटुविपाकिनः ।। 28 ।।

सितासितादिभेदेन बहुधा ते प्रकीर्तिताः ।। 29 ।।

Śimbī Dhānyas (Pulses)

Śimbī, mudga, caṇa, māṣa, satīna, kulāyaka, masūra, cakra maṅgalya, makuṣṭha, tripuṭa, etc. – these are *vaidalas* (dicotyledens).

Vaidalas (Pulses)

Taste : Sweet and astringent.

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Attribute : Ununctuous.

Potency : Cold.

Vipāka : Pungent.

Specific action : Alleviate *kapha* and *pitta*.

Note : i) They cause retention of urine and stool.

ii) They vitiate *vāyu*.

iii) They cause *adhmāna* (flatulence); *mudga* and *masūra* are exceptions to this.

Śimbī (Dolichos lablab)

Attributes : Heavy, ununctuous and *viśada* (non-slimy).

Vipāka : Pungent.

Specific action : Cardiac tonics.

Therapeutic usage : Cure *meha* (obstinate urinary disorders including diabetes).

Note : i) They are *viṣṭambhi* (wind forming).

ii) They reduce eye-sight.

iii) They aggravate *vāyu* and *pitta*.

They are of several varieties, like white, black, etc.

[X. 26 – 29]

मुद्गनामगुणाः

[115 R.] मुद्गो बलाढ्यो मङ्गल्यो हरितः शारदोऽपरः ।
बलको माष्वः पीतः प्रचेतः परिकीर्तितः[9] ।। 30 ।।

वनमुद्गस्तुवरको राजमुद्गस्तु खण्डकः ।। 31 ।।

मुद्गो रूक्षो लघुर्ग्राही कफपित्तहरो हिमः ।
स्वादुरल्पानिलो नेत्र्यो वर्ण्योऽप्येतद्गुणः स्मृतः ।। 32 ।।

हरितः प्रवरस्तेषां तच्छाकं तिक्तमुत्तमम् ।। 33 ।।

9. (क) पीत प्रचेता वसुको माष्वो प्रवरो सितः ।

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Mudga (Phaseolus mungo)

Syn. : *Mudga, balāḍhya, maṅgalya, harita, śārada, balaka, mādhava, pīta* and *praceta.*

Vana Mudga (*Wild Variety of Phaseolus mungo*)

Vana mudga and *tuvaraka.*

Rāja Mudga

Rāja mudga and *khaṇḍaka.*

Taste : Sweet.

Attributes : Light and ununctuous.

Potency : Cold.

Specific action : Constipative, promoter of eye-sight and complexion, and alleviator of *kapha* and *pitta.*

Note : i) It slightly aggravates *vāyu.*

ii) Green variety of *mudga* is the best.

Śāka (Leaves of Mudga)

Taste : Bitter.

It is an excellent vegetable.

[X. 30 –33]

माषनामगुणाः

माषो वीर्यकरो[10] धारी ध्वलो राजमाषकः ।। 34 ।।

माषो गुरुः स्वादुपाकः स्निग्धो वृष्योऽनिलापहः ।
उष्णः संतर्पणो[11] बल्यः शुक्रलो बृंहणः परम् ।। 35 ।।

भिन्नमूत्रकफस्तन्यो मेदःपित्तकफप्रदः ।
गुदकीलार्दितश्वासपक्तिशूलानि नाशयेत् ।। 36 ।।

माश

10. (क) बीजकरो, ख) जीर्णकरः 11. (ख) स तर्पणो

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Māṣa (Phaseolus radiatus)

Syn. : *Māṣa, vīryakara, dhārī, dhavala* and *rāja māṣaka.*

Attributes : Heavy and unctuous.

Potency : Hot.

Vipāka : Sweet.

Specific action : Aphrodisiac, refreshing, diuretic, promoter of strength, semen, nourishment and lactation, and alleviator of *vāyu.*

Therapeutic usage : Cures *guda kīla* (piles mass), *ardita* (facial paralysis), *śvāsa* (dyspnoea) and *pakti śūla* (colic pain which occures during the process of digestion of food).

Note : i) It produces more of *medas* (fat).

ii) It aggravates *pitta* and *kapha.*

[X. 34 – 36]

राजमाषगुणाः

[115 R.] राजमाषः स्वादु रूक्षः कषायस्तर्पणो गुरुः[12] ।
ग्राही वातकफस्तन्यबहुवर्चोरुचिप्रदः ।। 37 ।।

राजमाष

Rājamāṣa (Vigna cylindrica)

Taste : Sweet and astringent.

Attributes : Heavy and ununctuous.

Specific action : Constipative, rerfeshing and promoter of lactation and appetite.

Note : i) It produces more of stool.

ii) It vitiates *vāyu* and *kapha.*

[X. 37]

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12. (ख) लघुः

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मकुष्ठनामगुणाः

मकुष्ठको मकुष्ठः स्यान्निष्पावो वल्लकः स्मृतः ।। 38 ।।

मकुष्ठो वातलो ग्राही कफपित्तहरो लघुः[13] ।
वान्तिजिन्मधुरः पाके कृमिकृज्ज्वरनाशनः ।। 39 ।।

मोठ

Makuṣṭha (Phaseolus aconitifolius)

Syn. : *Makuṣṭhaka* and *makuṣṭha.*

Attribute : Light.

Vipāka : Sweet.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Therapeutic usage : Cures *vānti* (vomiting) and *jvara* (fever).

Note : i) It produces *kṛmi* (parasitic infestation).

ii) It aggravates *vāyu.*

[X. 38 – 39]

निष्पावगुणाः

निष्पावोऽनिलपित्तास्रमूत्रस्तन्यकरः सरः ।
विदाह्युष्णो गुरुः श्लेष्मशोफकृच्छ्रक्रनाशनः ।। 40 ।।

शिम्बनामगुणाः

Niṣpāva (A Variety of Dolichos lablab)

Syn. : *Niṣpāva* and *vallaka.*

Attribute : Heavy.

Potency : Hot.

Specific action : Laxative, promoter of lactation, and diuretic.

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13. (ख) गुरुः

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Note : i) It is *vidāhi* (which causes burning sensation).

ii) It cuases *pittāsra* (a discase characterised by bleeding from different parts of the body) and *śopha* (oedema).

iii) It reduces *śukra* (semen).

iv) It aggravates *vāyu* and *kapha*.

[X. 40]

सतीननामगुणाः

वर्तुलस्तु सतीनः स्याद्धरेणुः स्वल्पवर्तुलः ॥ 41 ॥

वर्तुलः शीतलो ग्राही कफपित्तहरो लघुः ।
विपाके मधुरो रूक्षो हरेणुस्तद्गुणः स्मृतः ॥ 42 ॥

सतीनगुणाः [115 V.]

Satīna (Pisum sativum)

Syn. : *Vartula* and *satīna*.

Attributes : Light and ununctuous.

Potency : Cold.

Vipāka : Sweet.

Specific action : Constipative and alleviator of *kapha* and *pitta*.

Hareṇu (Pisum speciosum)

Syn. : *Hareṇu* and *svalpa vartula*.

Note : *Hareṇu* shares the properties of *satīna*.

[X. 41 – 42]

कलायनामगुणाः

कलायः खण्डिकः प्रोक्तस्त्रिपुटः क्षुद्रखण्डिकः[14] ॥ 43 ॥

14. (क) क्षुद्रघण्टकः

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कलायः कफपित्तघ्नो ग्राही शीतोऽतिवातलः ।
त्रिपुटोऽपि गुणैरेवं तच्छाकं कफपित्तजित् ।। 44 ।।

Kalāya (Lathyrus aphaca)

Syn. : *Kalāya* and *khaṇḍika.*

Potency : Cold.

Specific action : Constipative and alleviator of *kapha* and *pitta.*

Note : It aggravates *vāyu* in excess.

Triputa (Lathyrus sativus)

Syn. : *Triputa* and *kṣudra khaṇḍika.*

Note : It shares the properties of *kalāya.*

Śāka (*Leaf of Triputa*)

It alleviates *kapha* and *pitta.*

[X. 43 – 44]

चणकनामगुणाः

चणको हरिमन्थः स्याद्वाजिमन्थश्च जीवनः ।। 45 ।।

चणकः शीतलो रूक्षो रक्तपित्तकफापहः ।
लघुः कषायो विष्टम्भी वातलः कुष्ठनाशनः[15] ।। 46 ।।

Caṇaka (Cicer arietinum)

Syn. : *Caṇaka, harimantha, vājimantha* and *jīvana.*

Taste : Astringent.

Attributes : Light and ununctuous.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha.*

Therapeutic usage : Cures *rakta pitta* (a condition characterised by

15. (क) पुंस्त्वनाशनः

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bleeding from different parts of the body) and *kuṣṭha* (obstinate skin diseases including leprosy).

Note : It aggravates *vāyu*.

[X. 45 – 46]

मसूरनामगुणाः

मसूरिकारिर्मसूरिर्मङ्गल्या पाण्डुरापलः ।। 47 ।।

मसूरिर्मधुरः पाके संग्राही शीतलो लघुः ।
कफपित्तास्रजिद्बल्यस्तच्छाकं लघु तिक्तकम् ।। 48 ।।

Masūra (Lens culinaris)

Syn. : *Masūrikāri, masūri, maṅgalyā* and *pāṇḍurāpala.*

Attribute : Light.

Potency : Cold.

Vipāka : Sweet.

Specific action : Constipative, strength - promoting and alleviator of *kapha, pitta* and *asra* (vitiated blood).

Śāka (*Leaf of Masūra*)

Taste : Bitter.

Attribute : Light.

[X. 47 – 48]

कुलत्थनामगुणाः

कुलत्थश्चक्रक[16]श्चक्रः[17] कुलालो[18] वनजः परः ।
अपरा दृक्प्रसादा च चक्षुष्या च कुलत्थिका ।
कुलाली लोचनहिता कुम्भकारी मलापहा ।। 49 ।।

कुलत्थः कटुकः पाके कषायो रक्तपित्तकृत्[19] । [116 R.]

16. (क) चक्रिक० 17. (क) शुक्रः 18. (क) फ्लास्त्री 19. (ख) रक्तपित्तजित्

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लघुर्विदाही वीर्योष्णः श्वासकासकफानिलान् ।
हन्ति हिक्का[20]श्मरीशुक्रदृगानाहान्सपीनसान् ।। 50 ।।

स्वेदसंग्राहको गुल्ममेदःकृमिहरः सरः ।
वन्यो विशेषतः शीतो नेत्रामयविषापहः ।। 51 ।।

कुलत्थ

Kulattha (Dolichos biflorus)

Syn. : *Kulattha, cakraka, cakra* and *kulāla.*

Taste : Astringent.

Attribute: Light

Potency : Hot.

Vipāka : Pungent.

Specific action : Laxative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (bronchitis), *hikkā* (hiccup), *aśmarī* (stone in urinary tract), seminal diseases, eye-diseases, *ānāha* (flatulence), *pīnasa* (rhinitis), *gulma* (phantom tumour), *medas* (adiposity) and *kṛmi* (parasitic infestation).

Note : i) It is *vidāhi* (which causes burning sensation).

ii) It reduces sweating.

Vanya Kulattha (Wild Variety of Dolichos biflorus)

Syn. : *Dṛk prasādā, cakṣuṣyā, kulatthikā, kulālī, locana hitā, kumbhakārī* and *malāpahā.*

Potency : Cold.

Therapeutic usage : Cures *netrāmaya* (eye-diseases) and *viṣa* (poisoning).

[X. 49 – 51]

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20. (क) कासाश्मरी०

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तिलनामगुणाः

तिलपुष्पस्तैलफलस्तिलपिण्डोऽपरः[21] सितः ।
वर्तुलो[22] वनजातः स्यादाढकी तुवरी मता ।। 52 ।।

तिलः कषायो मधुरस्तिक्तकः कटुको रसे ।
तिलो ग्राही गुरुः स्वादुः स्निग्धोऽम्लकफपित्तलः ।। 53 ।।

बल्यः केश्यो हिमस्पर्शस्त्वच्यो व्रणहितः परम् ।
वन्योऽल्पमूत्राकृद्धातुनाशनोऽग्निमतिप्रदः ।। 54 ।।

कृष्णः श्रेष्ठस्तेषु शुक्लो मध्यमः सितः ।
[116 V.] अन्ये हीनतराः प्रोक्तास्तज्ज्ञै रक्तादयस्तिलाः ।। 55 ।।

तुवरीगुणाः

तुवरी ग्राहिणी शीता लघुः कफविषास्रजित् ।। 56 ।।

Tila (Sesamum indicum)

Syn. : *Tilapuṣpa, taila phala* and *tila piṇḍa.*

Taste : Sweet, bitter, pungent and astringent.

Attributes : Heavy and unctuous.

Specific action : Constipative, useful for the hair and the skin and promoter of blood and strength.

Therapeutic usage : Cures *vraṇa* (ulcer).

Note: i) It is cold to touch.

ii) It aggravates *kapha* and *pitta.*

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21. (ख) ०स्तिलपिंजो० 22. (ख) जातिलो

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Vanya Tila (Wild Variety of Tila)

Syn. : *Sita, vartula* and *vanajāta.*

Action : Digestive stimulant.

Specific action : Promotes intellect.

Note : i) It reduces the quantity of urine.

ii) It reduces *dhātus* (tissue elements).

Among the different varieties of *tila*, the black variety is the best and it promotes semen. The white variety of *tila* is of middle quality, and the others, like red, etc., are inferior according to the wise persons.

Tuvarī (Cajanus cajan)

Syn. : *Tuvarī* and *āḍhakī.*

Attribute : Light.

Potency : Cold.

Specific action : Constipative and alleviator of *kapha.*

Therapeutic usage : Cures *viṣa* (poisoning) and *asra* (vitiation of blood).

[X. 52 –56]

अतसीनामगुणाः

अतसी मसृणा नीलपुष्पा चेलूत्तमा क्षुमा ।
अतसी शुक्रदृष्टिघ्नी स्निग्धा वातास्रजिद् गुरुः ।। 57 ।।

अतसी

Atasī (Linum usitatissimum)

Syn. : *Atasī, masṛṇā, nīlapuṣpā, celūttamā* ans *kṣumā.*

Attributes : Heavy and unctuous.

Specific action : Alleviates *vāyu* and vitiated blood.

Note : It reduces semen and eye-sight.

[X. –57]

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कुसुम्भनामगुणाः

कुसुम्भं वार्द्धकी[23] पीतमलक्तं वस्त्ररंजनी ।
तद्बीजं किरटी लघ्वी तथा शुद्धपयोत्तरा ।। 58 ।।

कुसुम्भं वातलं कृच्छ्ररक्तपित्तकफापहम् ।
किरट्यतसीवदुद्दिष्टा विशेषाद्विषनाशिनी ।। 59 ।।

कुसुम्भ

Kusumbha (Carthamus tinctorius)

Syn. : *Kusumbha, vārddhakī, pīta, alakta* and *vastrarañjanī.*

Specific action : Alleviates *kapha.*

Therapeutic usage : Cures *kṛcchra* (dysuria) and *rakta pitta* (a condition characterised by bleeding from different parts of the body).

Note: It aggravates *vāyu.*

Seed

Syn. : *Kiraṭī, laghvī* and *śuddhapayottarā.*

It shares the properties of *atasī.* Specially, it cures *viṣa* (poisoning).

[X. 58 – 59]

सर्षपनामगुणाः

सर्षपः कटुकः स्नेहो भूतघ्नो रक्षितापफलः ।
तुर्तुभोऽन्यः स उद्दिष्टः सिद्धार्थः श्वेतसर्षपः ।
राजिका वासुरी राजी सुतीक्ष्णः कृष्णसर्षपः ।। 60 ।। [117 R.]

सर्षपः कफवातघ्नस्तीक्ष्णोष्णो रक्तपित्तकृत् ।
किंचिदूक्षोऽग्निदः कण्डूकुष्ठकोष्ठक्रिमीन् हरेत् ।
राजिकास्तद्गुणा ज्ञेयास्तीक्ष्णास्तीव्रा विशेषतः ।। 61 ।।

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23. (क) पाचनं

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Sarṣapa (Brassica campestris)

Syn. : *Sarṣapa, kaṭuka, sneha, bhūtaghna, rakṣitaphala* and *turtubha.*

White Variety

Siddhārtha and *śveta sarṣapa.*

Attributes : Ununctuous (slightly) and sharp.

Potency : Hot.

Action : Stimulates digestion.

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *kaṇḍū* (itching), *kuṣṭha* (obstinate skin diseases including leprosy) and *koṣṭha krimi* (parasitic infection located in colon).

Note : It causes *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Rājikā (Brassica nigra)

Syn. : *Rājikā, vāsurī, rājī, sutīkṣṇa* and *kṛṣṇa sarṣapa.*

It is like *srarsapa* in its properties. Specifically, it is sharp and strong.

[X. 60 – 61]

शणनामगुणाः

शणः प्रोक्तो मातुलानी जन्तुतन्तुर्महाशणः ।
शणो हिमो गुरुर्ग्राही तत्पुष्पं प्रदराम्रजित् ॥ 62 ॥

शाण

Śaṇa (Crotalaria juncea)

Syn. : *Śaṇa, mātulānī, jantu tantu* and *mahā śáṇa.*

Attribute : Heavy.

Potency : Cold.

Specific action : Constipative.

Flower

Therapeutic usage : Cures *pradara* (menorrhagia) and vitiation of blood.

[X. 62]

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कङ्गूश्यामाकादिधान्यगुणाः

कंगूश्यामाकनीवारवरकोद्दालनर्त्तकाः ।
वरट्टिका तोदपर्णी कोद्रवश्च मधूलिका ।। 63 ।।

नन्दीमुखी वेणुयवा प्रियङ्गुः कोरदूषकः ।
गवेधुका नलो नाली मुकुन्दं वारिकादिकम् ।। 64 ।। [117 R.]

तृणधान्यं लघु स्वादु कटुपाकि विलेखनम् ।
रूक्षोष्णं बद्धनिस्यंदं वातपित्तप्रकोपनम् ।। 65 ।।

पीततण्डुलिका कङ्गुः प्रियङ्गुः कर्कटी मता ।
सितकङ्गुस्तु मुसटी रक्तकङ्गुस्तु शोधिका ।
चीनाकः काककङ्गुः स्याच्छ्यामाकस्तृणबीजकः[24] ।। 66 ।।

शाल्यादयः[25] कङ्गुभेदाः कोद्रवः कुरसः स्मृतः ।
कोद्रवः कोरदूषः स्यादुद्दालो वनकोद्रवः ।। 67 ।।

प्रियङ्गुः पित्तजिद् वृष्यो भग्नसन्धानकृद्गुरुः ।
श्यामाकः शोषणः शीतो रूक्षः पित्तकफापहः ।
कोद्रवः शीतलो ग्राही विषपित्तकफान् जयेत् ।। 68 ।।

Dhānya, like, Kaṅgū (Setaria italica), Śyāmāka (Echinochloa frumentacea), etc.

Tṛṇa Dhānya

Kaṅgū, śyāmāka, nīvāra, varaka, uddāla, narttaka, varaṭṭikā, todaparṇī, kodrava, madhūlikā, nandīmukhī, veṇuyavā, priyaṅgu, koradūṣaka, gavedhukā, nala, nālī, mukunda, vārikā, etc.– these are the varieties of *tṛṇa dhānya.*

Synonym of *kaṅgū* is *pīta taṇḍulikā*, of *priyaṅgu* is *karkaṭī*, of white variety of *kaṅgū* (*śveta kaṅgū*) is *musaṭī*, of red variety of *kaṅgū* (*rakta kaṅgū*) is *śodhikā*, of *kāka kaṅgu* is *cīnāka*, of *śyāmāka* is *tṛṇabījaka*, of

24. (ख) ०माकः शणकङ्गुकः 25. "शाल्यादयः ___स्मृतः" पाठोऽयं प्रक्षिप्तं प्रतिभाति ।

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kodrav is *koradūṣa* and of *vanya kodrava* is *uddāla.*

Taste : Sweet.

Attributes : Light and ununctuous.

Potency : Hot.

Vipāka : Pungent.

Specific action : Depleting and *baddha nisyanda* (which helps in the prevention of excretion).

Note : It vitiates *vāyu* and *pitta.*

Priyaṅgu (A Variety of Setaria italica)

Syn. : *Karkaṭī.*

Attribute : Heavy.

Specific action : Aphrodisiac and alleviator of *pitta.*

Therapeutic usage : It helps in the union of fractures.

Śyāmāka (Echinochloa frumentacea)

Syn. : *Tṛṇa bījaka.*

Attribute : Ununctuous.

Potency : Cold.

Specific action : *Śoṣaṇa* (drying) and it alleviates *pitta* and *kapha.*

Kodrava (Paspalum scrobiculatum)

Syn. : *Koradūṣa.*

Potency : Cold.

Specific action : Constipative and alleviator of *pitta* and *kapha.*

Therapeutic usage : Cures *viṣa* (poisoning).

[X. 63 – 68]

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नीवारनामगुणाः

नीवार उटिका नाडी मुनिव्रीहिर्मुनिप्रियः ।
नीवारः शीतलो ग्राही पित्तघ्नः कफवातकृत् ।। 69 ।।

Nīvāra (A Type of Paddy)

Syn. : *Nīvāra, uṭikā, nāḍī, munivrīhi* and *munipriya.*

Potency : Cold.

Specific action : Constipative and alleviator of *pitta.*

Note : It aggravates*kapha* and *vāyu.*

[X. 69]

यावनाल (ज्वार) नामगुणाः

यावनालो देवधान्यं जुह्वोलिर्जुह्वलोऽनलः ।
यावनालः स्वादुशीतो वातलः कफपित्तजित् ।। 70 ।।
एते तृणधान्याः

Yāvanāla (Euryale ferox)

Syn. : *Devadhānya, juhvoli, juhvala* and *anala.*

Taste : Sweet.

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta.*

Note : It aggravates *vāyu.*

[X. 70]

गवेधुकानामगुणाः

[118 R.] गवेधुका कर्षणी स्याद् गोजिह्वाऽऽकर्षिणी मता ।
गवेधुका कटुः स्वाद्वी कार्श्यकृत्कफनाशिनी ।।71।।
गवेधुगुणा

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Gavedhuka (Coix lachryma-jobi)

Syn. : *Gavedhukā, karṣaṇī, gojihvā* and *ākarṣiṇī.*

Taste : Sweet and pungent.

Specific action : Alleviates *kapha.*

Note : It causes *kārśya* (emaciation).

[X. 71]

अयोग्यधान्यम्

अपर्याप्तं व्याधिहतमनार्त्तवमभूमिजम् ।
नवं जन्त्वादिभिर्जुष्टं न धान्यं गुणवन्मतम् ।। 72 ।।

Defective Corns

Dhānya (cereals and pulses) which are immature, infected by any disease, unseasonal, not yet grown on the ground, freshly harvested and afflicted by maggots, etc., do not possess the prescribed properties.

[X. 72]

नवीनधान्यगुणाः

धान्यं नवमभिष्यन्दि गुरु स्वादु कफप्रदम् ।। 73 ।।

Freshly Harvested Dhānya (Cereals & Pulses)

Taste : Sweet.

Attribute : Heavy.

Note : i) They are *abhiṣyandi* (which obstruct the channels of circulation.

ii) They vitiate *kapha.*

After the preservation for one year, they become light.

[X. 73]

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जीर्णधान्यगुणाः

वर्षोषितं सर्वधान्यं गौरवं परिमुंचति ।
न मुंचति तदा वीर्यं क्रमान्मुंचत्यतः परम् ।। 74 ।।

Properties of Old Cereals and Pulses

During the period of one year after harvesting, cereals and pulses do not lose their potency. After this period, they gradually become free from their bad effects, heaviness, etc.

[X. 74]

विदाहि गुरु विष्टम्भि विरूढं दृष्टिदूषणम् ।। 75 ।।

Virūḍha Type of Dhānya

The *virūḍha* (germinated) cereals and pulses are *vidāhi* (cause burning sensation), *guru* (heavy),*viṣṭambhi* (constipative) and *dṛṣṭi dūṣaṇa* (cause impairment of eye-sight).

[X. 75]

एतेषु यवगोधूमतिलमाषा नवा हिताः ।
रूढाः पुराणा विरसा न तथा गुणकारिणः ।। 76 ।।

Amongst the cereals and pulses, *yava*, *godhūma*, *tila* and *māṣa* are useful when they are freshly harvested. When preserved for a long time they become tasteless and they do not retain their properties.

[X. 76]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि शुद्धे
पूर्णोऽयं ललितपदैस्तु धान्यवर्गः ।। 77 ।।

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Colophon

Description of the group of *dhānya* or cereals and pulses (*Dhānya varga*) in the work called *Madana vinoda* compos d for the benefit of physicians by the reputed King Madana having the title *Kaṭāra malla* is completed.

[X. 77]

इति श्रीमदनपालनिघण्टौ धान्यगुणवर्णनं नाम दशमो वर्गः ।। 10 ।।

Thus, ends the tenth group of cereals and pulses (*Dhānya guṇa varṇana*) in *Madanapāla nighaṇṭu*.

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CHAPTER XI

धान्यकृतान्नादिवर्गः

(Group of food preparations)

राधा हरिं चरणयोः पतितं कराभ्यां कोपाज्जघान तमुदीक्ष्य पुनर्हसन्तम् ।
तत्पादयोः समपतच्चकिता भिया तामुत्थापयन् जयति कैतवगोपवेषः ।। 1 ।।

Invocation

Once Krishna prostrated Himself before the feet of Radha, and the latter, in anger, started beating Him. In spite of it, Krishna was in all smiles. Thereafter, Radha realised His real nature that He was Almighty God, and in astonishment as well as fear, she fell down at the feet of Krishna. Let there be victory of this Lord Krishna.

[XI. 1]

आहारनामगुणाः

आहारो भोजनं जग्धं[1] अशनं[2] जीवनं[3] तथा ।। 2 ।।

आहारो बलकृत्सद्यः प्रीणनो देहधारकः ।
ओजस्तेजःस्वरोत्साहधृतिस्मृतिमतिप्रदः ।। 3 ।।

Āhāra (Food)

Syn. : *Āhāra, bhojana, jagdha, aśana* and *jīvana.*

It immediately promotes strength, refreshment, *ojas* (vital fluid), *tejas* (energy), voice, enthusiasm, patience, memory and intellect. It helps in the sustenance of body.

[XI. 2–3]

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1. (ख) जग्धिर्नित्य० 2. (ख) नित्यशो 3. (ख) जंमनं तथा

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भक्तनामगुणाः

भक्तमन्धस्तु भिस्साऽहङ्करं दीदिविरोदनः[4] ।। 4 ।।

भक्तं वह्निकरं पथ्यं तर्पणं मूत्रलं लघु ।
[119 R.] सुधौतं प्रसृतं चोष्णं विशदं गुणवन्मतम् ।
अधौतमसृतं शीतं गुरु वृष्यं कफप्रदम् ।। 5 ।।

भृष्टतण्डुलकं रुच्यं सुगन्धि कफजिल्लघु ।
भक्तं मांसफलक्षीरवैदलाम्लादिसाधितम् ।
स्नेहशाकैर्गुरुतरं वृष्यं बल्यं कफप्रदम् ।। 6 ।।

रसौदनो[5] गुरुर्वृष्यो बल्यो वातज्वरापहः ।
घोलभक्तं[6] ग्रहण्यर्शःश्रमघ्नं पाचनं हिमम् ।। 7 ।।

भात

Bhakta (Boiled Rice)

Syn. :*Bhakta, andhas, bhissā, ahaṅkara, dīdivi* and *odana.*

Attribute : Light.

Action : Digestive stimulant.

Specific action : Refreshing and diuretic.

Note : It is wholesome.

Rice which is washed well and from which the residual water is removed after boiling has following properties :

Attribute : *Viśada* (non-slimy).

Potency : Hot.

Note : It is superior in quality.

Rice which is not washed and from which water is not removed after boiling has following properties :

Attribute : Heavy.

---

4. (क) भक्तमन्धार भिस्सानं वानारं दीदिविरोचनः। 5. (क) रसायनो 6. (ख) घोलं भक्तं

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Potency : Cold.

Specific action : Aphrodisiac.

Note : It aggravates *kapha.*

Fried Rice

Attribute : Light.

Specific action : Appetiser and alleviator of *kapha.*

Note : It contains good smell.

Bhakta (rice) prepared with meat, fruit, milk, *vaidala* (pulse), sour thing, fat (ghee, oil, etc.) and *śāka* (vegetable) is as follows :

Attribute : Heavy.

Specific action : Aphrodisiac and strength promoting.

Note : It aggravates *kapha.*

Odana (Rice) Prepared with Meat Soup

Attribute : Heavy.

Specific action : Aphrodisiac, strength promoting and alleviator of *vāyu.*

Therapeutic usage : Cures *jvara* (fever).

Ghola Bhakta (Curd Mixed Rice)

Potency : Cold.

Action : *Pācana* (carminative).

Therapeutic usage : Cures *grahaṇī* (sprue syndrome), *arśas* (piles) and *śrama* (exhaustion).

[XI. 4 – 7]

ओदनगुणाः

अत्युष्णान्नं बलहरं शीतमुष्णं च दुर्जरम् ।
अतिक्लिन्नं ग्लानिकरं दुर्जरं तण्डुलान्वितम् ॥ 8 ॥

सौमनस्यं बलं पुष्टिमुत्साहं हर्षणं सुखम् ।
स्वादु संजनयेदन्नमामं स्वादुविपर्ययम् ॥ 9 ॥

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Different Forms of Odana (Boiled Rice)

Exceedingly hot *anna* (rice) reduces strength. Rice which is heated after it has become cold is difficult of digestion. Rice which has become exceedingly sticky (*klinna*) produces *glāni* (lassitude). If the boiled rice contains unboiled grains, then it is difficult of digestion.

Properly cooked rice promotes *saumanasya* (pleasure), strength, nourishment, enthusiasm, *harṣaṇa* (exhileration) and happiness.

Rice which is not cooked properly, is unpalatable.

[XI. 8–9]

यवागूपेयादिलक्षणम्

यवागूः षड्गुणे तोये संसिद्धा विदलद्रवा ।
चतुर्गुणे तु संसिद्धा विलेपी घनसिक्थिका ।। 10 ।।

पेया सिक्थान्विता तोये चतुर्दशगुणे कृता ।
मण्डश्चतुर्दशगुणे सिद्धस्तोये त्वसिक्थकः । 11 ।।

पेयादिलक्षणः

यवागूगुणाः

यवागूर्ग्राहिणी तृष्णाज्वरघ्नी बस्तिशोधनी ।। 12 ।। [119 V.]

पेयाजवागुगुणाः

विलेपीगुणाः

विलेपी दीपनी बल्या ह्रद्या संग्राहिणी लघुः ।
व्रणाक्षिरोगिणां पथ्या तर्पणी[7] तृड्ज्वरापहा ।। 13 ।।

पेयाविलेपीगुणाः

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7. (ख) तर्पणी

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पेयागुणाः

पेया कुक्षिगदक्लान्तिज्वरस्तम्भातिसारजित् ।
रुच्यग्निकृल्लघुर्दोषमलस्वेदानुलोमनी ।। 14 ।।

मण्डगुणाः

मण्डो ग्राही लघुः शीतो दीपनो धातुसाम्यकृत् ।
स्रोतोमार्दवकृत्पित्तज्वरश्लेष्मश्रमापहः ।। 15 ।।

Yavāgū (Gruel)

It is prepared by boiling rice with six times of water till the cereals becomes absolutely soft and liquid.

Specific action : Cures *tṛṣṇā* (morbid thirst) and *jvara* (fever).

It cleanses the urinary bladder.

Vilepī (A Variety of Yavāgū)

It is prepared by boiling rice with four times of water till it becomes viscous and sticky.

Attribute : Light.

Action : Digestive stimulant.

Specific action : Constipative, strength promoting, refreshing and cardiac tonic.

Therapeutic usage : Cures *tṛṭ* (morbid thirst) and *jvara* (fever).

Note : It is wholesome for a patient suffering from *vraṇa* (ulcer) and *akṣi roga* (eye-diseases).

Peyā (Thin Gruel)

It is prepared by boiling rice, etc., with fourteen times of water till it becomes sticky.

Attribute : Light.

Action : Digestive stimulant.

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Specific action : Appetiser.

Therapeutic usage : Cures *kukṣi gada* (diseases of pelvic region), *klānti* (metal fatigue), *jvara* (fever), *stambha* (rigidity) and *atisāra* (diarrhoea).

It helps in the elimination of the *doṣas*, *mala* (excreta) and *sveda* (sweat).

Maṇḍa (A Variety of Peyā)

It is prepared by boiling rice, etc., with fourteen times of water but unlike *peyā*, it is free from stickiness.

Attribute : Light.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Constipative, alleviator of *pitta* and *kapha*.

It causes the *dhātu sāmya* (balance of tissue elements).

Therapeutic usage : Cures *jvara* (fever) and *śrama* (physical fatigue).

It softens the *srotas* (channels of circulation).

[XI. 10 –15]

याव्यमण्ड–लाजमण्डगुणाः

याव्यमण्डो[8] यवैर्भृष्टैर्लाजमण्डस्तु शालिभिः ।
याव्यमण्डो लघुर्ग्राही शूलानाहत्रिदोषजित् ॥ 16 ॥

नवज्वरेऽपि पथ्योऽयं पटोलमागधान्वितः ।
लाजमण्डो लघुर्ग्राही सद्यः पाचनदीपनः ॥ 17 ॥

वाट्यमण्ड–लांजमण्ड

Yāvya Maṇḍa (Barley Gruel)

It is prepared by adding water to the flour of fried barley.

Attribute : Light.

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8. (क) वाट्यमण्डो

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Specific action : Constipative and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *śūla* (colic pain) and *ānāha* (flatulence).

Note : It is wholesome when used by adding with *paṭola* and *māgadhā.*

Lāja Maṇḍa (Gruel of Roasted Paddy)

It is prepared by adding water to roasted *śāli* type of paddy and then by straining the paste through a cloth.

Attribute : Light.

Action : Instantly digestive stimulant and carminative.

Specific action : Constipative.

[XI. 16 – 17]

अष्टगुणमण्डगुणाः

तण्डुलैरर्द्धमुद्गांशैः किंचिद्भृष्टैस्तु पाचितैः । [120 R.]
हिङ्गुसिन्धूत्थधनिकापत्त्रत्रिकटुसंस्कृतैः ।। 18 ।।

ज्ञेयः सोऽष्टगुणो मण्डो ज्वरदोषत्रयापहः ।
रक्तः क्षुद्बोधकः प्राणदीपनः शीतलो लघुः[9] ।। 19 ।।

अष्टगुणमण्डः

Aṣṭaguṇa Maṇḍa (A Recipe of Medicated Gruel)

The *maṇḍa* (gruel) prepared by adding water and boiling one part of slightly roasted rice and half part of slightly roasted *mudga,* and sizzled with *hiṅgu, sindhūttha* (rock-salt), *patra* and *trikaṭu* (*śuṇṭhī* , *pippalī* and *marica*) is called *aṣṭa guṇa maṇḍa* (gruel having eight ingredients).

Attribute : Light.

Potency : Cold.

Specific action : Promotes appetite, blood formation and vitality and alleviates all the three *doṣas,* namely *vāyu, pitta* and *kapha.*

Therapeutic usage : Cures *jvara* (fever).

[XI. 18 –19]

9. (क) स्रोतोशोधनः

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मुद्गयूषगुणाः

यूषः स्मृतो वैदलानामष्टादशगुणेऽम्भसि ।। 20 ।।

मुद्गानामुत्तमो यूषो दीपनः शीतलो लघुः ।
व्रणोर्ध्वजत्रुरुग्दाहकफपित्तज्वरास्रजित् ।। 21 ।।

मुद्गयूष

Yūṣa (Soup), etc.

Preparation, made of pulses, etc., by boiling with eighteen times of water is called *yūṣa* (soup). Among different types of it, the *yūṣa* prepared of *mudga* is the best.

Mudga Yūṣa (Mudga-soup)

Attribute : Light.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Alleviates *kapha* and *pitta.*

Therapeutic usage : Cures *vraṇa* (ulcer), diseases of *ūrdhva jatru* (head and neck), *dāha* (burning syndrome), *jvara* (fever) and *asra* (vitiation of blood).

[XI. 20 – 21]

दाडिमामलकयूषगुणाः

दाडिमामलकैर्यूषः पित्तवातहरो लघुः ।। 22 ।।

Dāḍimāmalaka Yūṣa (Soup Prepared of Dāḍima and Āmalaka)

Attribute : Light.

Specific action : Alleviates*pitta* and *vāyu.*

[XI. 22]

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मुद्गामलकयूषगुणाः

मुद्गा[10]मलकयूषस्तु भेदनः कफपित्तजित् ।
तृड्दाहश्रमनः शीतो मूर्च्छाश्रममदापहः ॥ 23 ॥

मुद्गामलकयूष

Mudgāmalaka Yūṣa (Soup Prepared of Mudga and Āmalaka)

Potency : Cold.

Specific action : Purgative and alleviator of *kapha* amd *pitta.*

Therapeutic usage : Cures *tṛṭ* (morbid thirst), *dāha* (burning sensation), *mūrcchā* (fainting), *śrama* (physical fatigue) and *mada* (intoxication).

[XI. 23]

कुलत्थयूषगुणाः

कुलत्थयूषो गुल्मार्शःकफवाताश्मशर्कराः ।
तूनीप्रतूनीमेदांसि निहन्ति त्वग्निकृत्सरः ॥ 24 ॥

Kulattha Yūṣa (Soup of Kulattlha)

Action : Digestive stimulant.

Specific action : Laxative and alleviator of *kapha* and *vāyu.*

Therapeutic usage : Cures *gulma* (phantom tumour), *arśas* (piles), *aśma* (stone in urinary tract), *śarkarā* (gravels in the urine), *tūnī* (a disease characterised by acute pain in intestine, anus and phallus), *pratūnī* (a variety of *tūnī* in which pain starts from anus and moves to the intenstine) and *medas* (adiposity).

[XI. 24]

सूप्यमूलकयूषगुणाः

सूप्यमूलकजो यूषो गलग्रहकफज्वरान् ।
हन्ति श्वासप्रतिश्यायकासमेदोऽरुचिक्रिमीन् ॥ 25 ॥

सूप्यमूलकयूष

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10. (क) दाडिमामलकयूषस्तु

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Sūpya Mūlaka Yūṣa (Soup Prepared of Pulses and Radish)

Specific action : Alleviator of *kapha.*

Therapeutic usage : Cures *gala graha* (obstruction in the throat), *jvara* (fever), *śvāsa* (dyspnoca), *pratiśyāya* (coryza), *kāsa* (bronchitis), *medas* (adiposity), *aruci* (anorexia) and *krimi* (parasitic infestation).

[XI. 25]

चणकयूषगुणाः

चणकैर्विहितो यूषोऽनुष्णस्तुवरको[11] लघुः ।
रक्तपित्तप्रतिश्यायकासपित्तकफापहः ॥ 26 ॥

चणकयूष

Caṇaka Yūṣa (Soup Prepared of Gram)

Taste : Astringent.

Attribute : Light.

Potency : Not hot.

Specific action : Alleviates *pitta* and *kapha.*

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *pratiśyāya* (coryza) and *kāsa* (bronchitis).

[XI. 26]

मकुष्ठयूषगुणाः

मकुष्ठयूषः संग्राही पित्तश्लेष्मज्वरापहः ।
लघुः सन्तर्पणः पथ्यो हृद्यः पीनसकासजित् ॥ 27 ॥

मकुष्ठयूषः

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11. (क) ० नुष्णस्तु परको

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Makuṣṭha Yūṣa (Soup Prepared of Makuṣṭha)

Attribute : Light.

Specific action : Constipative, refreshing, cardiac tonic and *pitta* and *kapha* alleviating.

Therapeutic usage : Cures *jvara* (fever), *pīnasa* (rhinitis) and *kāsa* (bronchitis).

Note : It is wholesome.

[XI. 27]

कृताकृतयूषगुणाः

यूषः कृताख्यो लवणस्नेहाभ्यां वारिसाधितः ।
अकृतस्तैर्विना सिद्धः क्रमाद् गुरुलघू च तौ ।। 28 ।। [121 R.]

कृताकृतयूषः

Kṛta Yūṣa (Sizzled Soup)

Yūṣa mixed with fat (oil, ghee, etc.) and salt after boiling in water is known as *kṛta yūṣa*. It is heavy.

Akṛta Yūṣa (Unsizzled Soup)

Yūṣa which is not mixed with fat and salt is called *akṛta yūṣa*. It is light.

[XI. 28]

यूषसामान्यगुणाः

यूषा गोरसधान्याम्लफलाम्लादिरसान्विताः[12] ।
यथोत्तरं गुरुतरा वातघ्ना रुचिकारिणः ।। 29 ।।

यूषकथनम्

यैरन्नैरोषधैर्यैश्च कृता मण्डादयो बुधैः ।
विचार्य तद्गुणानेतांस्तद्गुणानेव निर्दिशेत् ।। 30 ।।

यूष

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12. (ख) ०फलाम्लादिभिरन्विताः

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Soup in General

Yūṣa (soup) prepared of *gorasa* (cow's milk), *dhānyāmla* and juice of sour fruits are progressively heavy, *vāyu* – alleviating and appetising.

On the basis of the attributes of the ingredients (food and medicine) with which *maṇḍa* (gruel) etc., are prepared, the properties of the latter should be determined.

[XI. 29–30]

सूप्यनामगुणाः

सूप्यं तु सूप्यको भृष्टैः शिम्बिजैर्निस्तुषैः कृतः ।। 31 ।।

सूप्यं विष्टम्भि रूक्षं स्यान्निरम्लं तु विशेषतः ।
निस्तुषं भृष्टसिद्धं तल्लाघवं सुतरां व्रजेत् ।। 32 ।।

दालि

Sūpya (Dals or Preparations of Pulses)

Syn. : *Sūpya* and *sūpyaka.*

Sūpyaka is prepared with fried and dehusked pulses.

Attribute : Ununctuous.

Note : It is *viṣṭambhi* (wind forming).

Sūpya which is not sour, possesses these properties in excess.

Dehusked, fried and then boiled *sūpya* (*dal*) becomes very light.

[XI. 31–32]

कृशरागुणाः

क्वचित्समाषैः क्वाप्येवं कृशरा तिलतण्डुलैः ।
कृशरा बलकृद् ग्राह्या सिद्धा तण्डुलवेदलैः ।। 33 ।।

[121 V.] कृशरा शुक्रला बल्या गुरुः पित्तकफप्रदा ।
दुर्जरा पुष्टिविष्टम्भमलहद्वातनाशिनी ।। 34 ।।

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Kṛśarā (Gruel of Cereals and Pulses)

In some places, *kṛśarā* is prepared with *māṣa* and rice, and some other places, it is prepared with *tila* and *taṇḍula* (rice).

Specific action : Constipative and strength promoting.

Kṛśarā Prepared with Taṇḍula (Rice) and Vaidala (Pulses)

Attribute : Heavy.

Specific action : Promotes strength and semen and alleviates *vayu*.

Therapeutic usage : Cures *viṣṭambha* (wind formation in the stomach).

Note : i) It is difficult of digestion.

ii) It reduces nourishment and *mala* (excreta).

iii) It aggravates *pitta* and *kapha*.

[XI. 33–34]

क्षिप्रागुणाः

क्षिप्राऽपि तद्गुणा सैषा सुधान्यगुणकारिणी ।। 35 ।।

खेचडी

Kṣiprā (A Variety of Gruel)

It shares the properties of *kṛsara*. It is useful when prepared by adding wholesome cereals and pulses.

[XI. 35]

(क्षैर) क्षैरेयीनामगुणाः

क्षैरेयी परमान्नं स्यात्पायसं क्षीरतण्डुलैः ।। 36 ।।

क्षैरेयी दुर्जरा बल्या धातुपुष्टिप्रदा गुरुः ।
विष्टम्भिनी हरेत्पित्तरक्ततृष्णाग्निमारुतान् ।। 37 ।।

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Kṣaireyī (Preparation of Milk and Rice)

Syn. : *Kṣaireyī, paramānna* and *pāyasa.*

It is prepared of milk and rice.

Attribute : Heavy.

Specific action : Constipative, promoter of strength and nourishment for *dhātus* (tissue elements) and alleviator of *vāyu.*

Therapeutic usage : Cures *pitta rakta* (a disease characterised by bleeding from different parts of the body) and *tṛṣṇā* (morbid thirst).

Note : i) It is difficult of digestion.

ii) It suppresses the power of digestion.

[XI. 36 – 37]

राजखांडवादिगुणाः

गुडादिपक्वं क्वथितमाममाम्रफलं पुनः ।
स्नेहैलानागरैर्युक्तो ज्ञातव्यो राजखाण्डवः[13] ।। 38 ।।

सितारुचकसिन्धूत्थैः सवृक्षाम्लपरूषकैः ।
निम्बूफलरसयुक्तो राग़ो राजिकया कृतः ।। 39 ।।

खाण्डवा[14] मधुराम्लादिरससंयोगसंभवाः ।
दीपना बृंहणा रुच्यास्तीक्ष्णा हृद्याः श्रमापहाः ।। 40 ।। [122 R.]

षाडवा

Rāja Khāṇḍava (Mango Soup)

A preparation of unripe (green) fruits of mango boiled after cooking with jaggery, etc. and mixed with *sneha* (oil or ghee), *elā,* and *nāgara* is called *rāja khaṇḍava.*

Rāga (Sour and Pungent Soup)

A preparation of the lemon juice added with *sitā* (sugar), *rucaka* (sonchal

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13. (क) राजषाडवः 14. (क) षाडवा

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salt), *sindhiuttha* (rock-salt), *vṛkṣāmla, parūṣaka* and *rājikā* is called *rāga*.

Different Types of Khāṇḍava Prepared by the Juices of Sweet and Sour Tastes

Attribute : Sharp.

Action : Digestive stimulants.

Specific action : Nourishing, appetiser and cardiac tonic.

Therapeutic usage : Cure *śrama* (physical fatigue).

[XI. 38 – 40]

खण्डाम्रखण्डामलकगुणाः

आम्रामलकलेहाद्या हृद्या बुद्धिबलप्रदाः ।
तर्पणा रोचनाः स्निग्धा मधुरा गुरवस्तथा ।। 41 ।।

खण्डाम्रखण्डामलक

Khaṇḍāmra and Khaṇḍāmalaka (Lehya or Linctus Prepared of Āmra and Āmalaka)

Taste : Sweet.

Attributes : Heavy and unctuous.

Specific action : Cardiac tonics, refreshings, appetiser and promoters of intellect and strength.

[XI. 41]

रसालानामगुणाः

ससितं दधिमध्वाज्यमरीचैलादिसंस्कृतम् ।
मथितं कान्तमानिन्या कर्पूरपरिवासितम् ।। 42 ।।

रसाला शिखरा प्रोक्ता मार्जिका मांजिका बुधैः ।। 43 ।।

रसाला शुक्रला बल्या रोचनी वातपित्तजित् ।
स्निग्धा गुरुः प्रतिश्यायं विशेषेण विनाशयेत् ।। 44 ।।

शिखरिणी

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Rasālā (Preparation of Curd)

Syn. :*Rasālā, śikharā, mārjikā* and *māñjikā*.

Sugar and curd mixed with honey, ghee, *marica* and *elā*, churned by a beautiful lady and impregnated with *karpūra* is called *rasālā*.

Attributes : Heavy and unctuous.

Specific action : Promotes semen, strength and appetite and alleivates *vāyu* as well as *pitta*.

Therapeutic usage : Specially, cures *pratiśyāya* (coryza).

[XI. 42 – 44]

पानकगुणाः

द्राक्षाऽम्लिकारूषादिजलं खण्डादिमिश्रितम् ।
मरीचार्द्रककर्पूरचातुर्जातादिसंस्कृतम् ।। 45 ।।

पंचसारपानकम्

पानकं द्विविधं तस्मादम्लानम्लविभेदतः ।
द्राक्षाखर्जूरकाश्मर्यसमधूकपरूषकैः ।
पंचसाराभिधं पानं चन्द्रसूर्याधिवासितम् ।। 46 ।। [122 V.]

पानकं मूत्रलं ह्यं प्रीणनं तृट्[15]श्रमापहम् ।
यथाद्रव्यगुणं तत्तु गुरुलघ्वादि निर्दिशेत् ।
पंचसाराभिधं पाण्डुतृष्णादाहश्रमापहम् ।। 47 ।।

मृद्वीकं[16] श्रमदाहास्रपित्तक्लमतृषापहम् ।
परूषकानां वाट्यानां ह्यं विष्टम्भि पानकम्[17] ।। 48 ।।

Pānaka (Syrup)

A preparation made of *drākṣā, amlikā, rūṣa*, etc., mixed with water and

15. (ख) प्रीणनं तु श्रमापहम् 16. (क) माध्वीकं 17. (ख) रूक्षाणां कोमलं ह्यं पाचनं च बलप्रदम् ।

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khaṇḍa (sugar), and impregnated with *marica, ārdraka, karpūra* and *caturjāta* (*tvak ,elā, patra* and *nāga kesara*) is called *pānaka.*

Varieties

Pānaka is of two types, viz., sour and not sour.

Specific action : Cardiac tonic, diuretic and nourishing.

Therapeutic usage : Cures *tṛṭ* (morbid thirst) and *śrama* (exhaustion).

Note : The heaviness and lightness of *pānaka* depend upon the property of its ingredients.

Pañcasāra Type of Pānaka (A Type of Syrup)

Pānaka (syrup) prepared of *drākṣā, kharjūra, kāśmarya, madhūka* and *parūṣaka* and impregnated with camphor and musk is called *pañcasāra pānaka.*

Therapeutic usage : Cures *pāṇḍu* (anemia), *tṛṣṇā* (morbid thirst), *dāha* (burning sensation) and *śrama* (exhaustion).

Mṛdvīka Type of Pānaka (Grape Syrup)

Therapeutic usage : Cures *śrama* (physical fatigue), *dāha* (burning sensation), *asra pitta* (a disease characterised by bleeding from different parts of the body), *klama* (mental fatigue) and *tṛṣā* (morbid thirst).

Pānakas Prepared of the Fruits of Parūṣaka and Vaṭa (Banyan Tree)

These are cardiac tonic and constipative.

[XI. 45 – 48]

अम्लिकारसगुणाः

अम्लिकाया रस[18]स्तृष्णाकृमिदाहश्रमापहः ।। 49 ।।

Juice of Amlikā

Therapeutic usage : Cures *tṛṣṇā* (morbid thirst), *krmi* (parasitic infestation), *dāha* (burning sensation) and *śrama* (exhaustion).

[XI. 49]

18. (क) सरस्तृ०

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सदकगुणाः

निःस्नेहं दधि निर्मथ्य पचेच्छर्करयाऽन्वितम् ।
सव्योषदाडिमाजाजिः सदकोऽयमुदाहृतः ।। 50 ।।

सदको रोचनः स्वर्यः पित्तानिलहरो गुरुः ।
दीपनस्तर्पणो बल्यः श्रमक्लमतृषापहः ।। 51 ।।

सद्दकगुण

Sadaka (A Preparation of Curd)

Curd, free from fat should be churned and cooked by adding sugar. To this, *vyoṣa* (*śuṇṭhī, pippalī* and *marica*), *dāḍima* and *ajāji* should be added. This is called *sadaka.*

Attribute : Heavy.

Action : Digestive stimulant.

Specific action : Promotes appetite, good voice, nourishment and strength, and alleviates *pitta* and *vāyu.*

Therapeutic usage :Cures *śrama* (physical fatigue), *klama* (mental fatigue) and *tṛṣā* (morbid thirst).

[XI. 50 – 51]

पोलि आदिगुणाः

विकोलकर्कटद्राक्षाकण्टकारिविपाचिताः[19] ।
मण्डकाद्या यथापूर्वं गुरवो बृंहणा मताः ।। 52 ।।

मण्डकः सूचितः[20] सूक्ष्मः कर्पूरादिषु पाचितः ।
स एव किंचित्स्थूलस्तु बुधैः पूपालिका मता ।
अङ्गारकर्कटी[21] सैव विज्ञेयाऽङ्गारपाचिता ।। 53 ।।

अत्युष्णो मण्डकः पथ्यः शीतः स गुरुरुच्यते ।
अङ्गारमण्डको ग्राही लघुर्दोषत्रयापहः ।। 54 ।।

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19. (क) कट्फलकर्पूरभृष्टकण्डवंगारविपाचिताः । 20. (क) क्रिसः 21. (क) अङ्गारकर्करी

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Maṇḍaka (A Type of Pastry)

Among the *maṇḍaka*, etc., cooked by adding *vikola, karkaṭa, drākṣā* and *kaṇṭakāri*, the former ones are heavier and more nourishing than the latter ones.

Maṇḍaka is fried over an earthen pan, and it is thin. According to the wise, the thicker variety of it is known as *pūpālikā*.

When *maṇḍaka* is cooked over charcoal, it is called *aṅgāra karkaṭī*.

Very hot *maṇḍaka* is wholesome and cold *maṇḍaka* is heavy.

Aṅgāra maṇḍaka is light, constipative and alleviator of all the three *doṣas*.

[XI. 52–54]

पोलिका कफकृद्बल्या पित्तवातास्रनुद्गुरुः[22] ।
अङ्गारकर्कटी बल्या बृंहणी शुक्रला लघुः ।
दीपनी कफहृद्रोगपीनसश्वासवातजित् ।। 55 ।।

Polikā (Another Type of Pastry)

Attribute : Heavy.

Specific action : Promotes strength and alleviates *pitta, vāyu* and vitiated blood.

Note : It aggravates *kapha*.

Aṅgāra Karkaṭī (A Type of Pastry)

[Ref. *maṇḍaka*].

Attribute : Light.

Action : Digestive stimulant.

Specific action : Promotes strength, nourishment and semen, and alleviates *kapha* as well as *vāyu*.

Therapeutic usage : Cures *hṛd roga* (heart diseases), *pīnasa* (rhinitis) and *śvāsa* (dyspnoea).

[XI. 55]

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22. (ख) पित्तला वातनुद्गुरुः

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शालिभक्ष्यगुणाः

शालिपिष्टकृता भक्ष्या नातिबल्या विदाहिनः ।
अवृष्या गुरवः श्लेष्मकफपित्तप्रकोपनाः ।। 56 ।।

Śāli Bhakṣya (Eatables Prepared of Rice-Paste)

Attribute : Heavy.

Note : i) They do not promote strength adequately.

ii) They produce burning sensation.

iii) They are not aphrodisiac.

iv) They vitiate *kapha* and *pitta*.

[XI. 56]

गोधूमादिभक्ष्यगुणाः

गोधूमविहिता भक्ष्या बल्याः पित्तानिलापहाः ।
वैदला वातला भक्ष्या गुरवस्तुवरा हिमाः ।। 57 ।।

वैदलभक्ष्या

Godhūmādi Bhakṣya (Eatables Prepared of Wheat)

Specific action : Strength promoting and alleviators of *pitta* and *vāyu*

Vaidala Bhakṣya (Eatables Prepared of Pulses)

Taste : Astringent.

Attribute : Heavy.

Potency : Cold

Note : They alleviates *vāyu*.

[XI. 57]

माषभक्ष्यगुणाः

माषपिष्टकृता भक्ष्या बल्याः पित्तकफप्रदाः ।। 58 ।।

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Māṣa Bhakṣya (Eatables Prepared of Phaseolus radiatus)

Specific action : Strength promotings.

Note : They aggravate *pitta* and *kapha*.

[XI. 58]

गुडयुक्तभक्ष्यगुणाः

विचार्यान्नगुणान्भक्षानन्यानपि विनिर्दिशेत् ।
गौडिका गुरवो भक्ष्या वातघ्नाः कफशुक्रलाः ।। 59 ।।

गुडयुक्तभक्ष्या

Guḍa Yukta Bhakṣya (Datables Prepared by Adding Jaggery)

The properties of other eatables are to be determined by the properties of their ingredients.

Eatables prepared by mixing *guḍa* (jaggery) have following properties :

Specific action : Promote semen and alleviate *vāyu*.

Note : They aggravate *kapha*. [XI. 59]

घृतपक्वभक्ष्यगुणाः

घृतपाचितभक्ष्यास्तु बल्याः पित्तकफापहाः ।। 60 ।।

घृतभक्ष्या

Ghṛta-Pakva Bhakṣya (Eatables Fried with Ghee)

Specific action : Strength promotings and *pitta* and *kapha*- alleviatings.

[XI. 60]

तैलपक्वभक्ष्यगुणाः

तैलजा दृक्समीरघ्ना उष्णाः पित्तास्रदूषणाः ।। 61 ।। [124 R.]

तैलपक्वभक्ष्याः

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Taila - Pakva Bhakṣya (Eatables Fried with Oil)

Potency : Hot.

Specific action : Alleviate *vāyu*.

Note : i) They reduce eye-sight.

ii) They vitiate *pitta* and blood.

[XI. 61]

दुग्धभक्ष्यगुणाः

दुग्धालोडितगोधूमशालिपिष्टादिनिर्मिताः ।
वातपित्तहरा भक्ष्या ह्यद्याः शुक्रबलप्रदाः ।। 62 ।।

दुग्धभक्षा

Dugdha Bhakṣya (Eatables Prepared by Boiling the Paste of *Godhūma, Śāli,* etc. in Milk)

Specific action : Cardiac tonics, promoters of semen and strength andalleviators of *vāyu* and *pitta*.

[XI. 62]

विचार्यान्नगुणान्भक्ष्यानन्यानपि विनिर्दिशेत् ।। 63 ।।

Properties of Food Preparations in General

On the basis of the properties of ingredients, the attributes of a foodpreparation should be determined.

[XI. 63]

घृतपूरगुणाः

क्षीरेण मर्दितं चूर्णं गोधूमानां सुगालितम् ।
विस्तार्य सर्पिषा पक्त्वा[23] ततः श्वेताविमिश्रितम् ।
घृतपूरोऽयमुद्दिष्टः कर्पूरमरिचान्वितः ।। 64 ।।

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23. (ख) युक्तं

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संमितो मर्दितः क्षीरनारिकेलसितादिभिः ।
अवगाह्य घृते पक्वे घृतपूरोऽपरः स्मृतः ।। 65 ।।

घृतपूरो गुरुर्वृष्यो हृद्यः पित्तानिलापहः ।
सद्यः प्राणप्रदो बल्यः क्षतजिद् बृंहणः परः ।। 66 ।।

Ghṛta Pūra

The well strained fine-flour of wheat shuold be kneaded by adding milk. This should be pressed with the help of a roller to make it spread into a thin layer which is to be cooked in ghee. To this , sugar, *karpūra* and *marica* should be added. This is called *ghṛta pūra.*

Refined wheat flour should be kneaded by adding milk, *nārikela,* sugar, etc. This should be deep fried in ghee. This is an another variety of *ghṛta pūra.*

Attribute : Heavy.

Specific action : Cardiac tonic, aphrodisiac, strength promoting, instant life-giving, nourishing and alleviator of *pitta* and *vāyu.*

Therapeutic usage : Cures *kṣata* (consumption).

[XI. 64 – 66]

समितासंयावगुणाः

समितां सर्पिषा भृष्टां श्वेतां मरिचमिश्रिताम् ।
[124 V.] एलालवङ्गकर्पूरचूर्णादिपरिसंस्कृताम् ।। 67 ।।

क्षिप्त्वाऽन्यसमितालम्बपुटेषु सुघृते पचेत् ।
ततः खण्डे न्यसेत्पक्वं संयावोऽयमुदाहृतः ।। 68 ।।

समितां मधुदुग्धेन मर्दयित्वा सुशोभनम् ।
पचेद् घृतोत्तरे खण्डे न्यसेत्पक्वे नवे घटे ।। 69 ।।

ततो मरिचचूर्णैलाशुण्ठीचूर्णावचूर्णितम् ।
कुर्यात् कर्पूरसंयुक्तं संयावममृतोपमम् ।। 70 ।।

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Samitā – Saṃyāva (Types of Pastry)

Refined wheat flour should be fried with ghee and mixed with sugar and *marica*. The potion should then be impregnated with the powders of *elā*, *lavaṅga* and *karpūra*, kept inside a crucible prepared of kneaded refined wheat flour and fried in ghee. Thereafter, this fried recipe should be kept in the sugar syrup, which is called *saṃyāva*.

Refined wheat flour should be kneaded with honey and milk. This should then be fried in ghee and thereafter, in sugar syrup, and kept in new jar. Thereafter, powders of *marica*, *elā*, *śubhrā* (bamboo-manna) and *karpūra* should be sprinkled over this recipe. This is called *saṃyāva* which is like ambrosia.

[XI. 67–70]

मधुशीर्षिकागुणाः

मर्दयित्वा तु समितामपूपास्तनवः कृताः ।
पक्त्वा घृते सितापाके मण्डिता मधुशीर्षिका ।। 71 ।।

घृतेन मर्दितां तोयैः समितां मृदु मर्दयेत् ।
मातुलुङ्गत्वचाखण्डिपक्वेनार्द्रकपूरितम् ।। 72 ।।

विधाय पूपकं वृत्तं गन्धाढ्यं केशरान्वितम् ।
पक्त्वा सर्पिषि खण्डे च मलितो मधुशीर्षकः ।। 73 ।।

Madhuśīrṣikā (A Type of Cake)

Refined wheat flour should be kneaded and small and thin *apūpās* (cakes) should be prepared out of it. These should be fried in ghee and smeared with sugar syrup, which is called *madhu śīrṣikā*.

Refined wheat flour should be kneaded by adding ghee and water. From out of this, round *pūpakas* (cakes) should be prepared and filled with the boiled pieces of the skin of *mātuluṅga* and *ārdraka*. These round shaped *pūpakas* should be impregnated with fragrant things, like, *keśara*, fried in ghee, and then smeared in sugar syrup. This is called *madhu śīrṣaka*.

[XI. 71–73]

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पूप (पुडा) गुणाः

समितां गुडतोयेन मेलयित्वा सुगालिताम् ।
घृते विस्तार्य विपचेत्सुवृत्तान्मृदुपूपकान् ।। 74 ।।

Pūpa (Puḍā)

Refined wheat flour should be mixed with *guḍa toya* (solution of jaggery) and filtered. This potion should be made to spread with the help of a roller and fried in ghee. These *pūpas* should be soft and round in shape.

[XI. 74]

दधिपूपकगुणाः

शालिपिष्टं युतं दध्ना मर्दयित्वा घृते पचेत् ।
वेष्टयेत् पक्वखण्डेन सुवृत्तान् दधिपूपकान् ।। 75 ।। [125 R.]

Dadhi Pūpaka

The flour of *śāli* should be kneaded by adding curd and fried in ghee. Rounded pieces of this potion should then be smeared with sugar syrup.

[XI. 75]

संयावा मधुशीर्षाढ्याः पूपका दधिसम्भवाः ।
गुरवो बृंहणा ह्द्या वृष्याः पित्तानिलापहाः ।। 76 ।।

एते संस्कारभेदेन विविधास्तेऽपि तद्गुणाः ।। 77 ।।

Properties of Saṃyāva, Madhuśīrṣa and Dadhipūpaka

Attribute : Heavy.

Specific action : Aphrodisiac, nourishing, cardiac tonics and alleviators of *pitta* and *vāyu*.

Note : There are different varieties of these preparations. Their properties vary depending upon the methods of their preparations.

[XI. 76 –77]

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विस्यन्दगुणाः

दधिक्षीरे समे पक्त्वा त्वर्द्धभागावशेषिते ।
आपचेद्रक्तशालीनां तण्डुलांस्तिलसंयुतान् ।
प्रियालपनसादीनां बीजमुष्टिं समापचेत् ।। 78 ।।

क्षीरतुल्यं घृतं चैव शर्करा चैव तत्समा ।
सिद्धस्त्रिकटुकोपेतः कर्पूरेणाधिवासितः ।
एष विस्यन्दनो नाम देवलोकेऽपि दुर्लभः ।। 79 ।।

यस्मात् पक्वेऽपि हि घृतं स्यन्दते सर्वतो मुखम् ।
तस्मात् सूपविधानज्ञैर्विस्यन्दो विधिवत् स्मृतः ।। 80 ।।

[125 V.] विस्यन्दो बृंहणो ह्यः पित्तानिलहरो गुरुः ।। 81 ।।

Visyanda

Equal quantities of curd and milk should be boiled till half remains. To this, the rice of red variety of *śāli*, *tila* and seeds of *priyala*, *panasa*, etc.– each one *muṣṭi* in quantity – should be added and cooked again. Thereafter, ghee, sugar (each should be eqaul to the milk in quantity) and *trikaṭu* (*śuṇṭhī*, *pippalī* and *marica*) should be added and impregnated with *karpūra* (camphor). This recipe is called *visyanda* which is rare even in the heaven.

After being cooked, it leaves ghee from all sides for which this preparation is called *visyanda* by experts in the science of cooking.

Attribute : Heavy.

Specific action : Cardiac tonic, nourishing and alleviator of *pitta* and *vāyu*.

[XI. 78–81]

लप्सीगुणाः

समितां भर्जयेत् तप्ते घृते श्वेतां ततो न्यसेत् ।

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चा[24]रमज्जादिसंयुक्तां पयसा योजयेत् तदा ।
एषैलादियुता तज्ज्ञैर्लप्सिका ललिता मता ।। 82 ।।

लप्सिका बृंहणी वृष्या वातपित्तहरा गुरुः ।। 83 ।।

Lapsī

Refined wheat flour should be fried in hot ghee and mixed with sugar. To this, the pulp of *cāra* and milk should be added. Thereafter, *elā* should be mixed. This recipe is called *lapsikā* or *lalitā*.

Attribute : Heavy.

Specific action : Aphrodisiac, nourishing and alleviator of *vāyu* and *pitta*.

[XI. 82–83]

फेनीगुणाः

फेनिका पुटिनी शुभ्रा वातपित्तहरा लघुः ।
लक्षणं फेनिकादीनां सूपशास्त्राद् विचारयेत् ।। 84 ।।

फेणी

Phenī

Phenikā, puṭinī and *śubhrā* have the following properties :

Attribute : Light.

Specific action : Alleviates *vāyu* and *pitta*.

Note : Methods of preparation of these recipes should be ascertained from the texts on cookery.

[XI. 84]

मोदकनामगुणाः

मोदका[25] लड्डुकाः[26] प्रोक्तास्ते चानेकविधा मताः ।
तेषां पक्वत्वप्राप्तानां न्यसेद् गोधूमगालिताम् ।। 85 ।।

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24. (ख) वारिमज्जा 25. (ख) मोदा 26. (ख) लड्डुककाः बलावहः

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दधि क्षीरं मुप्रिजुष्टं[27] समिता माषपिष्टकः ।
सूरणार्द्रककूष्माण्डशालूकामिषमत्स्यकाः ।
इत्यादिभिर्बहुविधाः कल्पास्ते सूपशास्त्रतः ।। 86 ।।

द्रव्यं विचार्य मतिमांस्तद्गुणानपि निर्दिशेत् । [126 R.]
मोदका दुर्जरा वृष्या बल्याः पित्तानिलापहाः ।। 87 ।।

Modaka

Modakas are called *laḍḍukas*, and these are of various types.

Laḍḍukas of various types are prepared of curd, milk, cheese, refined wheat flour, paste of *māṣa, sūraṇa, ārdraka, kuṣmāṇḍa, śāluka,* meat, fish and such other ingredients described in the texts on cookery. Properties of these types of *modaka* will be the same as those of their ingredients.

Specific action : Aphrodisiac, strength promoting and alleviator of *pitta* and *vāyu.*

Note : These are difficult of digestion.

[XI. 85-87]

माषवटकगुणाः

माषमुद्गादिपिष्टोत्थाः कटुका वटकादयः ।
तत्कारणगुणान् ज्ञात्वा तद्गुणानपि निर्दिशेत् ।। 88 ।।

माषाणां वटको ह्यद्यो बल्यो वातहरो गुरुः ।
विष्टम्भी घोलवटको विदाही पवनापहः ।। 89 ।।

वडा घोलवडा

Māṣa Vaṭaka, etc., (Prepared from the Paste of Māṣa and Rice, Deep Fried)

Vaṭakas prepared of the paste of *māṣa, mudga,* etc. are pungent in taste. Their properties will be the same as those of their ingredients. [These are called *baḍā* or *vaḍai* in vernacular.]

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27. (क) नष्टदुग्धं

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Vaṭakas Prepared of Māṣa

Attribute : Heavy.

Specific action : Cardiac tonic, strength promoting and *vāyu*-alleviating.

Ghola Vaṭaka (Vaṭaka Soaked in and Smeared with Curd)

Specific action : Alleviates *vāyu*.

Note : i) It is *viṣṭambhi* (wind forming).

ii) It causes burning sensation.

iii) [Called *dahi baḍā* or *dahi bhallā* in vernacular.]

[XI. 88–89]

शाण्डकवटकगुणाः

शाण्डको वटको दृष्टिनाशनो दोषलो गुरुः ।। 90 ।।

Śāṇḍaka Vaṭaka (Vaṭaka Prepared of Śāṇḍaka)

Attribute : Heavy.

Note : i) It reduces eye-sight.

ii) It aggravates *doṣas*.

[XI. 90]

तुषाम्बुवटकगुणाः

तुषाम्बुवटको रुच्यः पित्तलः कफवातजित् ।। 91 ।।

Tuṣāmbu Vaṭaka (Vaṭaka Prepared of Tuṣāmbu – A Type of Vinegar)

Specific action : Promotes appetite and alleviates *kapha* and *vāyu*.

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Note : It aggravates *pitta.*

[XI. 91]

इण्डरी[28] शुक्रला रूक्षा विष्टम्भी कफवातकृत् ।। 92 ।।

इण्डरी

Iṇḍarī (Steam Boiled Preparation from the Paste of Māṣa and Rice Flour)

Attribute : Ununctuous.

Specific action : Promotes the quantity of semen.

Note : i) It is *viṣṭambhi* (wind forming).

ii) It aggravates *kapha* and *vāyu.*

iii) [Called *Iḍali* or *Eṇḍuri* in vernacular].

[XI. 92]

सोमालिकागुणाः

सोमालिका गुरुर्वृष्या रोचनी पित्तनाशिनी ।। 93 ।।

सुदालि

Somālikā

Attribute : Heavy.

Specific action : Aphrodisiac, appetiser and *pitta* – alleviating.

[XI. 93]

कुण्डलिकागुणाः

द्विप्रस्थां शुद्धसमितां प्रस्थं गोधूमगालितम् ।
[126 V.] विमर्द्य पयसा स्थाप्यं व्रजेद्यावत्तदम्लताम् ।। 94 ।।

सच्छिद्रे नारिकेलस्य पात्रे निक्षिप्य निर्मले ।
परिभ्राम्य घृते तप्ते मन्दाग्नौ तु विपाचयेत् ।। 95 ।।

कर्पूरवासिते पक्वे विज्ञेया नृपवल्लभा ।
सुपक्वं कंकणाकारां सितालेहे विनिक्षिपेत् ।। 96 ।।

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28. (ख) इण्डली

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सा तु कुण्डलिका नाम्ना पुष्टिकान्तिबलप्रदा ।
धातुवृद्धिकरा वृष्या हृद्या चेन्द्रियतर्पणी ।। 97 ।।

तस्यामम्लत्वमाप्तायां न्यसेद् गोधूमगालिताम् ।। 98 ।।

कुण्डलिका जलेबा इति लोके

Kuṇḍalikā (Called Imriti in Vernacular)

Method of Preparation : Two *prasthas* of refined wheat flour and one *prastha* of coarse wheat flour should be mixed. This potion should be mixed by adding milk, kneaded and kept till it becomes sour. Thereafter, this dough should be poured in whirling manner over hot ghee through the hole at the bottom of a clean cup of coconut-shell and fried over mild fire. This recipe, having the shape of an armlet, is then smeared with sugar syrup and made fragrant by adding *karpūra* (camphor). This is called *kuṇḍalikā*. If dough becomes excessively sour, then same more wheat flour should be added to reduce its sour taste.

Specific action : Aphrodisiac, cardiac tonic, refreshing for senses and promoter of nourishment, complexion, strength and tissue elements.

[~~XI. 94~~ –98]

कुल्माषगुणाः

गोधूमाद्यास्तु कुल्माषा अर्द्धस्विन्ना मताः क्वचित् ।
कुल्माषा गुरवो रूक्षा वातला भिन्नवर्चसः ।। 99 ।।

Kulmāṣa (Half Boiled Cereals)

According to some scholars, half-boiled *godhūma*, etc. are called *kulmāṣa*.

Attributes : Heavy and ununctuous.

Specific action: Purgative.

Note : They aggravate *vāyu*.

[XI. 99]

सक्तुगुणाः

नवीननिस्तुषोद्भृष्टयवचूर्णं च सक्तवः ।। 100 ।।

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Saktu (Roasted Corn Flour)

Freshly harvested *yava* (barley) fried along with husk and then made to a fine powder is called *saktu*.

[XI. 100]

मन्थादिगुणाः

सक्तवस्तु घृताभ्यक्ताः शीतवारिविलोडिताः ।
नातिद्रवो नातिसान्द्रो मन्थः सद्भिः प्रकीर्तितः ।। 101 ।।

मन्थो बलकरः सद्यः परिणामे बलापहः[29] ।
मेह[30]तृष्णाक्षयच्छर्दिकुष्ठदाहश्रमान् जयेत् ।। 102 ।।

Mantha, etc. (Drink Prepared of Roasted Corn Flour)

Saktu smeared with ghee and then mixed with cold water is called *mantha*. It should neither be very thin nor very thick.

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes), *tṛṣṇā* (morbid thirst), *kṣaya* (consumption), *chardi* (vomiting), *kuṣṭha* (obstinate skin diseases including leprosy), *dāha* (burning sensation) and *śrama* (exhaustion).

Note : It immediately promotes strength, but in the long run, it reduces strength.

[XI. 101–102]

द्राक्षा सितेक्षुस्वरसैर्मिश्रा पित्तास्रदाहजित्[31] ।
द्राक्षा मधुयुता बल्या कफश्रममदापहा[32] ।
वर्गत्रयसमायुक्ता दोषवर्चोऽनुलोमनी ।। 103 ।।

मधु

Mantha Mixed with Drākṣā, Sugar and Sugar-Cane Juice

Specific action : Alleviates *pitta* and viatiated blood.

Therapeutic usage : Cures *dāha* (burning sensation).

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29. (ख) बलावहः 30. (ख) मोहतृष्णा० 31. (क) पित्तास्रवातजित् 32. (क) ०श्रममलापहा

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Mantha Mixed with Drākṣā and Honey

Specific action : Strength promoting and *kapha* - alleviating.

Therapeutic usage : Cures *śrama* (exhaustion) and *mada* (intoxication).

Mantha Mixed with Three Groups of Drugs (Viz., Triphalā, Trikaṭu and Trimada)

Specific action : It helps in the downward movement of *doṣas* and faeces.

[XI. 103]

सक्तुगुणाः

सक्तवो यवजाः शीता दीपना लघवः सराः ।
कफपित्तहरा रूक्षा लेखनाः पानतस्तु ते ।
सद्यो बलप्रदाः पथ्या घर्मादि(क्ला)क्रान्तदेहिनः ।। 104 ।।

[127V.] निस्तुषैर्भर्जितैः पिष्टैश्चणकैः सयवैः कृताः ।
सक्तवः शर्करासर्पिर्युक्ता ग्रीष्मेऽतिपूजिताः ।
पिण्डी प्रोक्ता गुरुस्तेषां द्रवत्वाल्लेहिका लघुः ।। 105 ।।

न भुक्त्वा न रदैः स्पृष्ट्वा न निशायां न वा बहून् ।
न जलान्तरितांस्तद्धि सक्तूनद्यान्न केवलान् ।। 106 ।।

शक्तु

Saktu (Roasted Flour of Barley)

Attributes : Light and ununctuous.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Laxative, depleting and alleviator of *kapha* and *pitta*.

Note : i) It immediately promotes strength.

ii) It is wholesome for persons fatigued by the exposure of the heat of sun.

Saktu prepared of dehusked, roasted and ground *caṇaka* and *yava*, mixed with sugar and ghee is extremely useful in summer season.

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When prepared in the form of a *piṇḍī* (bolus), it is heavy and when prepared in thin linctus form, it is light.

Saktu should not be taken after the intake of food; it should not be chewed with the help of teeth; it should not be taken at night; it should not be taken in excess quantity; it should not be taken interrupted by drinking water; and it should also not be taken alone.

[XI. 104 –106]

यवोद्भवलाजागुणाः

भृष्टशाल्यादिजा लाजा धाना[33] भृष्टयवोद्भवाः ।। 107 ।।

लाजा लघुतराः शीता बल्याः पित्तकफच्छिदः ।
छर्द्यतीसारदाहास्रमेहमेदस्तृषापहाः ।। 108 ।।

लिआपुला

धान्यागुणाः

धान्या[34] विष्टम्भिनी रूक्षा कफमेदोहरा गुरुः ।। 109 ।।

धाना

Lājā (Fried Paddy)

Fried *śāli*, etc. are called *lājā*.

Attribute : Lighter.

Potency : Cold.

Specific acion : Promotes strength and alleviates *pitta* and *kapha*.

Therapeutic usage : Cures *chardi* (vomiting), *atisāra* (diarrhoea), *dāha* (burning syndrome), *asra* (vitiation of blood), *meha* (obstinate urinary disorders including diabetes), *medas* (adiposity) and *tṛṣā* (morbid thirst).

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33. (ख) धान्यभृष्ट० 34. (क) धाना

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Dhānā (Fried Barley)

Fried *yava*, etc., are called *dhānā*.

Attributes : Heavy and ununctuous.

Specific action : Alleviates *kapha*.

Therapeutic usage : Reduces *medas* (adiposity).

Note : It is *viṣṭambhinī* (wind forming).

[XI. 107–109]

(चिडते) पृथुकगुणाः

पक्वार्द्रा व्रीहयः सम्यक् पीडिताः पृथुका मताः । [128 R.]
पृथुका गुरवो बल्याः श्लेष्मला वातनाशनाः ।। 110 ।।

Pṛthuka (Called Chiuḍā or Chūḍā in Vernacular)

Boiled and wet *vrīhi*, when pressed properly are called *pṛthuka*.

Attribute : Heavy.

Specific action : Promotes strength and alleviates *vāyu*.

Note : It aggravates *kapha*.

[XI. 110]

होलकगुणाः

शिंबिधान्यैरर्द्धपक्वैः सुभृष्टैर्होलको मतः ।
होलकोऽल्पानिलो मेदःकफदोऽपक्वभावतः ।। 111 ।।

Holaka (Half-Boiled and Fried Pulses)

Simbi dhānya (pulse) which is half - boiled and well fried is known as *holaka*.

Note : i) It slightly aggravates *vāyu*.

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ii) It produces *medas* (fat) and *kapha*, because it is not boiled properly.

[XI. 111]

लम्बीनामगुणाः

अपक्वभृष्टैर्गोधूमैरुलंचो लम्बलम्बिके ।
लम्बी कफप्रदा बल्या लघु पित्तानिलापहा ।। 112 ।।

Lambī

Immature *godhūma* (wheat) when fried, is called *ulañca, lamba* and *lambikā.*

Attribute : Light.

Specific action : Strength promoting and alleviator of *pitta* and *vāyu.*

Note : It aggravates *kapha.*

[XI. 112]

अथ पक्वमांसगुणाः

परिशुष्कगुणाः

हिंगुपक्वे[35] घृते दत्त्वा मांसमालोड्य भर्जितम् ।
मात्रयोष्णाम्बु निक्षिप्य पचेत् सम्यग्विचक्षणः ।। 113 ।।

मरिचार्द्रसंयुक्तं सुगन्धिद्रव्यवासितम् ।
गतद्रवं[36] सुधातुल्यं परिशुष्कं तदुच्यते ।। 114 ।।

तलिमांस

Cooked Meat

Pariśuṣka Māṃsa

Ghee should be boiled by adding asafoetida and in this ghee, meat should

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35. (क) हिंगुतप्ते 36. यतद्रव्यं

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be added and mixed well. To this, proper quantity of hot water should be added and cooked well. This cooked meat should then be mixed with *marica* and *ārdraka* and impregnated with fragrant spices. When watery portion is reduced, it is called *pariśuṣka* type of meat. It is like ambrosia.

[XI. 113 –114]

प्रदिग्धगुणाः

घनद्रव्योपलिप्तं त[37]त्प्रदिग्धमिति कीर्त्यते । .[128 V.]
प्रदिग्धं वातजिद् बल्यं[38] गुरु शुक्रविवर्धनम् ।। 115 ।।

Pradigdha Māṃsa

Meat cooked after smearing with a thick layer of spices is called *pradigdha.*

Attribute : Heavy.

Specific action : Promotes strength and semen and alleviates *vāyu.*

[XI. 115]

रसेन युक्तं सरसं शूल्यं शूलेन संस्कृतम् ।। 116 ।।

Sarasa and Śūlya Type of Meat

Meat preparation with gravy is called *sarasa māṃsa* and meat which is roasted with the help of a rod over fire is called *śūlya.*

[XI. 116]

उल्लिप्तमांसगुणाः

परिशुष्कं स्थितं स्निग्धं रोचनं तर्पणं गुरु ।
बलमेधाग्निमांसौजःशुक्रवृद्धिकरं परम् ।। 117 ।।

भृष्टमांस

Pariśuṣka or Dry Meat

Attribute : Heavy, unctuous and *sthita* or *sthira* (stable).

37. (क) तु प्रदिग्धं

38. (क) वातलं ग्राहि

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Specific action : Promotes appetite, refreshment, strength, intellect, power of digestion, muscle tissue, *ojas* (vital fluid) and semen in excess.

[XI. 117]

तदेवोल्लिप्तभृष्टं[39] उल्लिप्तं परिकीर्त्यते ।
उल्लिप्तं गुरु पथ्यं तत्परिशुष्कसमं गुणैः ।। 118 ।।

Ullipta Māṃsa

When the dry-meat is smeared with the paste of spices, it is called *ullipta*.

Attribute : Heavy.

Note : i) It is wholesome.

ii) It shares the properties of *pariśuṣka māṃsa*.

iii) *Sarasa* type of meat also shares the properties of *pariśuṣka* meat. Specially, it is light and digestive stimulant.

[XI. 118]

प्रदिग्धं वातजिद् बल्यं गुरु शुक्रविवर्धनम् ।
सरसं तद्गुणं ज्ञेयं विशेषाल्लघु दीपनम् ।। 119 ।।

शल्यमांसगुणाः

प्रोतं शूलेन पिशितं सौरभाद्यम्बुना बहु ।
लिप्तं विधूमैरङ्गारैः पाचितं शूल्यमुच्यते ।
[129 R.] शूल्यं सर्वोत्तमं मांसं लघु पथ्योत्तमं मतम् ।। 120 ।।

Śūlya Māṃsa

The meat which is minced by adding fragrant liquids, etc., pasted over an iron-rod, and roasted over smokeless charcoal is called *śūlya*.

Attribute : Light.

Note : i) It is best among all types of meat.

ii) It is the most wholesome.

[XI. 119–120]

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39. (ख) ०प्तपिष्टत्वादुल्लिप्तं

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अङ्गारप्रतप्तमांसगुणाः

अङ्गारादिषु यत्पक्वं प्रतप्तं तदुदाहृतम् ॥ 121 ॥

Aṅgāra-Pratapta Māṃsa

Meat which is burnt over charcoals is called *pratapta māṃsa.*

[XI. 121]

पिष्टमांसगुणाः

मांसं दाडिमसिन्धूत्थसौरभादिसमन्वितम् ।
पिष्ट्वा पूपादिसंकल्पपक्वं पिष्टमिति स्मृतम् ॥ 122 ॥

Piṣṭa Māṃsa

Meat which is mixed with *dāḍima, sindhūttha* (rock-salt), fragrant spices, etc., minced and then fried like *pūpa* (cake), etc., is called *piṣṭa māṃsa.*

[XI. 122]

घृतादिसाधितमांसगुणाः

भर्जितं स्याद् घृतादौ तु भृष्ट्वा यत्साधितं पुनः ॥ 123 ॥

Ghṛtādi-Sādhita Māṃsa

Meat which is cooked after frying in ghee is called *bharjita.*

[XI. 123]

तन्दुपक्वमांसगुणाः

मांसं सौरभसंलिप्तं तन्दुपक्वं मधुप्रभम् ॥ 124 ॥

Tandu-Pakva Māṃsa

Meat which is impregnated with fragrant ingredients and cooked in a tandur type of furnace is called *tandu-pakva māṃsa.* It looks like honey.

[XI. 124]

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प्रदिग्धादितैलपक्वमांसगुणाः

प्रदिग्धं सरसं पक्वं भर्जितं मृदुपाचितम् ।
प्रतप्तं परिशुष्कं च शूल्यं यच्चान्यदीदृशम् ।
मांसं तैलेन सिद्धं तद्वीर्योष्णं गुरु पित्तलम् ।। 125 ।।

तैलपक्वगुणाः

घृतपक्वं तदेव स्याल्लघु रुच्यमपित्तलम् ।
अत्युष्णं वीर्यबलदं हृद्यं दृष्टिप्रसादनम् ।। 126 ।।

Pradigdhādi-Taila-Pakva Māṃsa

Pradigdha (smeared with thick layer of some ingredient), *sarasa* (full of juice), *pakva* (cooked), *bharjita* (fried in ghee), *mṛdu pācita* (cooked over mild fire), *pratapta* (burnt over charcoals), *pariśuṣka* (dried), *śūlya* (roasted through a rod) and such other preparations of meat, when prepared in oil have the following qualities :

Attribute : Heavy.

Potency : Hot.

Note : They aggravate *pitta.*

When the above preparations of meat are fried in ghee then they have the following properties :

Attribute : Light.

Potency : Extremely hot.

Specific action : Promoter of appetite, potency, strength and eye-sight and cardiac tonic.

Note : They do not aggravate *pitta.*

[XI. 125–126]

तक्रादिपक्वमांसगुणाः

[129 V.] गोरसस्नेहधान्याम्लफलाम्लकटुकादिभिः ।
सिद्धं मांसं भवेद् बल्यं रोचनं दीपनं गुरु ।। 127 ।।

तक्रसिद्धमांसगुणाः

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Takrādi-Pakva Māṃsa (Meat Prepared with Butter-milk, etc.)

Meat prepared by boiling with milk, fat (oil, ghee, etc.), *dhānyāmla* and *kaṭuka* (spices having pungent taste) have the following properties :

Attribute : Heavy.

Action : Digestive stimulant.

Specific action : Strength promoting and appetiser.

[XI. 127]

सुस्विन्नमांसगुणाः

मांसं चातिरसं रूक्षं सुस्विन्नं वातलं गुरु ।। 128 ।।

बहुस्विन्नमांसगुणाः

Susvinna Māṃsa (Meat which is Steam–Boiled)

Attributes : Heavy and ununctuous.

Note : i) It is full of juice.

ii) It aggravates *vāyu*.

[XI. 128]

वेसवारगुणाः

गतास्थिमांसं सुस्विन्नं पुनर्दृषदि पेषयेत् ।
व्योषादिसंस्कृतं कृत्वा पचेद्भूयो घृतान्वितम् ।
वेसवारोऽयमुद्दिष्टो बल्यो वातहरो गुरुः ।। 129 ।।

स्विन्नमुद्गादिकल्कोऽपि वेसवारोऽपरः स्मृतः ।। 130 ।।

Vesavāra (A Type of Meat Preparation)

The meat free from bones should be triturated in a pestle and mortar after proper boiling. To this, *śuṇṭhī, marica, pippalī,* etc., should be added and cooked again by adding ghee. This is called *vesavāra.*

Attribute : Heavy.

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Specific action : Strength promoting and *vāyu* - alleviating.

The paste prepared of boiled *mudga*, etc., is also called *vesavāra*.

[XI. 129 –130]

सौरभगुणाः

हरिद्राव्योषसिन्धूत्थहिङ्गुधान्यकदाडिमैः ।
साजाजिभिर्वेसवारः[40] सौरभोऽयमुदाहृतः । [130 R.]
मुद्गादिवेसवारेषु यथाद्रव्यगुणान् वदेत् ।। 131 ।।

मुद्गादिवेशवारगुणाः

Saurabha

Vesavāra mixed with *haridrā, vyoṣa* (*śuṇṭhī, marica* and *pippalī*), rock-salt, *hiṅgu, dhānyaka, dāḍima* and *ajāji* is called *saurabha*.

The properties of *vesavāra* prepared of *mudga*, etc., are similar to those of their ingredients.

[XI. 131]

पिष्टमांससमुद्भूतः स्मृतो मांसरसो रसः ।
सौरवः सौरसः स्यात्तु यो रसो लवणान्वितः ।। 132 ।।

Saurava

The juice which is extracted from the paste of meat is called *māṃsa rasa*.

The *māṃsa rasa* (meat soup) which is mixed with salt is also called *saurava* and *saurasa*.

[XI. 132]

स्वानिष्कगुणाः

संयुक्तो वेसवारेण रसः स्[41]वानिष्कमुच्यते ।। 133 ।।

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40. (क) वेशवारोत्थं 41. (क) सानिष्क०

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Svāniṣka

The *māṃsa rasa* (soup of meat) mixed with *vesavāra* is called *svāniṣka.*

[XI. 133]

मांसगुणाः

रसो ह्यद्यः श्रमश्वासवातपित्तक्षयापहः ।
प्रीणनो व्रणयुक्तानां क्षीणानामल्परेतसाम् ।। 134 ।।

विश्लिष्टभग्नसन्धीनां शुद्धानां शुद्धिकाङ्क्षिणाम् ।
शस्यते स्वरहीनानां दृष्ट्यायुःश्रवणार्थिनाम् ।। 135 ।।

Māṃsa Rasa (Meat Soup)

Specific action : Cardiac tonic and alleviator of *vāyu* and *pitta,* promoter of voice, eye-sight, longevity and hearing power.

Therapeutic usage : Cures *śrama* (exhaustion), *śvāsa* (dyspnoea), *kṣaya* (consumption), *vraṇa* (ulcer), broken and dislocated joints and loss of voice.

Note : i) It is refreshing for patients suffeing from ulcer, consumption and less of semen, and

ii) It is useful for persons who have received or who desire to receive purificatory therapies and who desire to have longevity, better eye-sight and hearing power.

[XI. 134 –135]

दाडिमयुक्तमांसरसगुणाः

सदाडिमादिर्बलदो दोषघ्नस्तु[42] कृतस्तु सः ।। 136 ।।

दाडिमादियुक्तरसः

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42. (ख) संस्कृतस्तु सः

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Dāḍima Yukta Māṃsa Rasa (Meat Soup Prepared with Dāḍima, etc.)

Specific action : Promotes strength and alleviates *doṣas*.

[XI. 136]

सौवीरादिगुणाः

[130 V.] सौवीरः प्रीणनः शीतो मुखशोषश्रमापहः ।
दीपनः क्लमवातघ्नः सर्वधातुविवर्द्धनः ।। 137 ।।

Sauvīra, etc. (Different Types of Vinegar)

Potency :Cold.

Action : Digestive stimulant.

Specific action : Refreshing and promoter of all the tissue elements.

Therapeutic usage : Cures *mukha śoṣa* (dryness of the mouth), *śrama* (physical fatigue) and *klama* (mental fatigue).

[XI. 137]

स्वानिष्कस्तु[43] गुरुः पथ्यो दीप्ताग्नीनां विशेषतः ।
अल्पमांसादिसंयुक्तो लवणाम्बुविपाचितः ।। 138 ।।

Svāniṣka

It is prepared by adding small quantity of meat to rice and by mixing salt-water.

Attribute : Heavy.

Note : It is wholesome for persons who have strong power of digestion.

[XI. 138]

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43. (क) सानिष्कस्तु

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दलिया चणिका ज्ञेया रसाढ्या लघवो मताः ।। 139 ।।

Daliyā

Daliyā is also called *caṇikā*. It is full of liquid material and is considered to be light for digestion.

[XI. 139]

क्वथितागुणाः

तक्रादिक्वाथसम्भूता क्वथिता[44] कथिता बुधैः ।
क्वथिता पाचनी हृद्या रुच्या वह्निप्रदा लघुः ।
कफानिलविबन्धघ्नी किंचित्पित्तप्रकोपिनी ।। 140 ।।

Kvathitā

If ingredients of food are boiled by adding butter-milk and decoctions, then these are called *kvathitā*.

Attribute : Light.

Action : Digestive stimulant and carminative.

Specific action : Cardiac tonic, appetiser and alleviators of *kapha* and *vāyu*.

Therapeutic usage : Cure *vibandha* (constipation).

Note : They slightly vitiate *pitta*.

[XI. 140]

शाकं तक्रादिभिः सम्यक् साधितं क्वथितं मतम् ।
क्वथितं दीपनं रुच्यं वातश्लेष्मश्रमापहम् ।
त्यक्त्वा स्वहेतुशाकस्य गुणानेतद्गुणं भवेत् ।। 141 ।।

[131 R.] तक्रसाधितशाकगुणाः

Kvathita

Śāka (vegetable) cooked properly with butter-milk, etc., is called

44. (क) रसाला

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kvathita.

Action : Digestive stimulant.

Specific action :.Appetiser and alleviator of *vāyu* and *kapha.*

Therapeutic usage : Cures *śrama* (exhaustion).

Note : It does not carry the properties of vegetables included in its preparation.

[XI. 141]

पर्पटगुणाः

पर्पटा लघवो रुच्या लघीयान् क्षारपर्पटः ।। 142 ।।

पापडाशाक

Parpaṭa (Called Pāpaḍa in Vernacular)

Attribute : Light.

Specific action : Appetiser.

Note : *Parpaṭa* with *kṣāra* (alkaline) is lighter.

[XI. 142]

पिण्याकनामगुणाः

पिण्याकस्तिलकिट्टः स्यात्पललं तिलपिष्टकम् ।
पिण्याको लघुरूक्षश्च विष्टम्भी दृष्टिदूषणः ।। 143 ।।

पिंडिआनामगुणाः

Piṇyāka (Oil Cake)

Syn. : *Piṇyāka, tila kiṭṭa, palala* and *tila piṣṭaka.*

Attributes : Light and ununctuous.

Note : i) It is *viṣṭambhī* (wind forming).

ii) It causes the impairment of eye-sight.

[XI. 143]

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पललगुणाः

पललं[45] बृंहणं स्निग्धं कफपित्तकरं गुरु ।। 144 ।।

Palala (A Type of Oil Cake)

Attributes : Heavy and unctuous.

Specific action : Nourishing.

Note : It aggravates *kapha* and *pitta*.

[XI. 144]

द्रव्यकालक्रियायोगदेहादीनि विचार्य तु ।
अन्येषामप्यनुक्तानामेषामपि गुणान् वदेत् ।। 145 ।।

Properties of Other Food Preparations

Properties of several other food preparations are not described in this work. Their properties should ascertained on the basis of those of ingredients, time, method of preparation, mode of combination and action on the bodies.

[XI. 145]

यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्ना
ललितपदकर्णामृतसमकृतान्त्यवर्गः ।। 146 ।।

[131 V.]

Colophon

Description of the group of food preparations (*Kṛtānna varga*) in the work called *Madana vinoda* composed in beautiful verses by the reputed King

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45. (क) पनसं

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Madana having the title *Kaṭāra malla* is completed.

[XI. 146]

इति श्रीमदनपालनिघण्टौ धान्यकृतान्नादिनामैकादशो वर्गः ॥ ॥ ॥

Thus, ends the eleventh group of food preparations (*Kṛtānna varga*) in *Madanapāla nighaṇṭu*.

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CHAPTER XII

मांसवर्ग[1]:

(Group of animals whose meat is used)

मुखेन्दुपद्मप्रतिबाधलुब्धविधु[2]न्तुदालिभ्रममादधानम् ।
लक्ष्मीकपोलप्रतिबिम्बिताङ्गं नीलाब्जनीलं कलयामि तेजः ।। 1 ।।

Invocation

I pray the luminous Krishna who had the complexion of the blue lotus and whose reflection upon the face of goddess Lakshmi gave an illusory impression of black-bees sitting over a lotus flower or of *Rāhu* (Dragon's head) obstructing the visibility of Moon.

[XII. 1]

हस्तिनामगुणाः

हस्ती मतङ्गजो दन्ती मतङ्गोऽनेकपः[3] करी ।
सिन्धुरः कुंजरः पद्मी वारणो द्विरदो द्विपः ।
इभो दन्तावलो नागः कुम्भी स्तम्बेरमो गजः ।। 2 ।।

हस्तिनी धेनुका प्रोक्ता करेणुः करिणी च सा ।। 3 ।।

हस्ती कफानिलौ हन्यादुष्णपित्तास्रकोपनः ।। 4 ।।

हस्ति

---

1. वर्गेस्मिन् प्राणीनां पर्यायाः तेषां मांसगुणानां च वर्णनमस्ति ।
2. (क) oप्रतिलोभिताभिविधु o 3. (क) oनेकरः

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Hasti (Elephant)

Syn. **:** *Hasti, mataṅgaja, dantī, mataṅga, anekapa, karī, sindhura, kuñjara, padmī, vāraṇa, dvirada, dvipa, ibha, dantāvala, nāga, kumbhī, stamberama* and *gaja.*

Hastinī

Syn. **:** *Hastinī, dhenukā, kareṇu* and *kariṇī.*

Potency **:** Hot.

Specific action**:** Alleviates *kapha* and*vāyu.*

Note : It vitiates *pitta* and blood.

[XII. 2 – 4]

घोटकनामगुणाः

घोटकः सैन्धवो वाजी तुरङ्गस्तुरगो हय[4]ः ।
तुरङ्गमोऽश्वो गन्धर्वो[5] वाहः सप्तिर्यजुर्जवी ।
घोटिका वडवा वामी प्रसूताऽश्वा च वाजिनी ।। 5 ।।

घोटकः कटुकः पाके दीपनः कफपित्तकृत्[6] ।
वातहृद् बृंहणो बल्यश्चक्षुष्यो मधुरो लघुः ।। 6 ।।

घोडा

Ghoṭaka (Horse)

Syn. **:** *Ghoṭaka, saindhava, vājī, turaṅga, turaga, haya, turaṅgama, aśva, gandharva, vāha, sapti, yajuḥ* and *javī.*

Ghoṭikā (Mare)

Syn. **:** *Ghoṭikā, vaḍavā, vāmī, prasūtā, aśvā* and *vājinī.*

Taste **:** Sweet.

Attribute **:** Light.

Vipāka **:** Pungent.

---

4. (क) हरिः 5. (क) तुरङ्गमो हयो सप्त्वादो 6. (क) कफपित्तजित्

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Action : Digestive stimulant.

Specific action : Promotes nourishment, strength and eye-sight and alleviates *vāyu*.

Note : It aggravates *kapha* and *pitta*.

[XII. 5–6]

अश्वतरनामगुणाः

तज्जो घोट्यामश्वतरः शीघ्रवेगोऽङ्गपूजितः ।
बल्यमाश्वतरं मांसं बृंहणं कफपित्तलम् ।। 7 ।।

Aśvatara

Syn. :*Aśvatara, śīghravega* and *aṅgapujita*.

Specific action : Strength promoting and nourishing.

Note : It aggravates *kapha* and *pitta*.

[XII. 7]

उष्ट्रनामगुणाः

उष्ट्रः क्रमेलको वकग्रीवः शाखाशनो मयः ।
शृङ्खलः करभो दीर्घजंघो धूम्रो मरुप्रियः[7] ।। 8 ।।

उष्ट्रमांसं लघु स्वादु चक्षुष्यमनिलापहम् ।
श्वासमर्शप्रशमनं मेदःपित्तकफप्रदम्[8] ।। 9 ।।

ओटनाम्नगुणाः

Uṣṭra (Camel)

Syn. :*Uṣṭra, kramelaka, vakagrīva, śākhāśana, maya, śṛṅkhala, karabha, dīrghajaṅgha, dhūmra* and *marupriya*.

Taste : Sweet.

Attribute : Light.

---

7. (ख) मरुत्प्रियः 8. (ख) उष्ट्रमांसं प्रशमनं मेदसः कफपित्तदम् ।

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Specific action : Promotes eye-sight and alleviates *vāyu.*

Therapeutic usage : Cures *śvāsa* (dyspnoca) and *arśas* (piles).

Note : i) It increases *medas* (fat).

ii) It aggravates *pitta* and *kapha.*

[XII. 8 –9]

गर्दभनामगुणाः

गर्दभो रासभो भारवाही दूरंगम[9]ः खरः ।। 10 ।।

गार्दभं पिशितं[10] बल्यं बृंहणं कफपित्तकृत्[11]।
कटु पाके लघु श्रेष्ठं तस्माद्धन्यखरोद्भवम् ।। 11 ।। [132 V.]

Gardabha (Ass)

Syn. : *Gardabha, rāsabha, bharavāhi, dūraṅgama* and *khara.*

Attribute : Light.

Vipāka : Pungent.

Specific action : Promotes strength and nourishment.

Note : i) It aggravates *kapha* and *pitta.*

ii) The meat of wild *khara* (ass) is superior.

[XII. 10 –11]

महिषनामगुणाः

माहिषः सौरभः[12] शृङ्गी वाहवैरी[13] घनाघनः ।
कासरो गवलो[14] दन्ति[15] लुलायः कालवाहनः ।। 12 ।।

---

9. (ख) दूरगमः 10. (ख) पित्तलं 11. (क) कफपित्तहृत् 12. (ख) सौरभं
13. (क) वादनारी 14. (क) कासरोगवलो 15. (ख) दंशी

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माहिषं मधुरं मांसं स्निग्धोष्णं वातनाशनम् ।
निद्रारेतोबलस्तन्यतनुदाढ्यकरं गुरु ।
तद्वदारण्यजं विद्याद्विशेषाच्छोषिणे हितम् ।। 13 ।।

Mahiṣa (Buffalo)

Syn. : *Mahiṣa, saurabha, śṛṅgī, vāhavairī, ghanāghana, kāsara, gavala, danti, lulāya* and *kāla vāhana.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Hot.

Specific action : Promotes sleep, quantity of semen, strength, lactation and sturdiness of the body and alleviates *vāyu.*

Note : The meat of wild buffalo shares the properties of buffalo. Specially, it is useful in *śoṣa* (consumption).

[XII. 12–13]

भल्लूकगण्डकनामगुणाः

ऋक्षाऽच्छभल्लभल्लूकाः खड्गी खड्गश्च गण्डकः ।
ऋक्षः स्निग्धो गुरुर्वृष्यः स्वादूष्णः पवनापहः ।। 14 ।।

भालुनामगुणाः

गण्डकगुणाः

गण्डको बहुविण्मूत्रे[16] पवित्रोनिलनाशनः ।। 15 ।।

गण्डनामगुणाः

Bhallūka (Bear)

Syn. : *Ṛkṣa, accha, bhalla* and *bhallūka.*

Taste : Sweet.

Attributes : Heavy and unctuous.

16. (क) बद्धविण्मूत्र

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Potency : Hot.

Specific action : Aphrodisiac and *vāyu*–alleviating.

Gaṇḍaka (Rhinoceros)

Syn. : *Khaḍgī, khaḍga* and *gaṇḍaka.*

Specific action : Alleviates *vāyu.*

Note : i) It is sacred.

ii) It produces more of stool and urine.

[XII. 14 –15]

सिंहशार्दूलनामगुणाः

[133 R.] सिंहः पंचाननो दृप्तो मृगेन्द्रः केसरी हरिः ।
शार्दूलः स्यात् पंचनखो मृगनाथः सकृत्प्रजः ।। 16 ।।
सिंहशार्दूलयोर्मांसमुष्णं वाताक्षिरोगजित् ।। 17 ।।

Siṃha (Lion)

Syn. : *Siṃha, pañcānana, dṛpta, mṛgendra, kesarī* and*hari.*

Śārdūla (A Type of Lion)

Syn. : *Śārdūla, pañca nakha, mṛganātha* and *sakṛt praja.*

Properties of Both

Potency : Hot.

Specific action : Alleviates *vāyu.*

Therapeutic usage : Cures eye-diseases.

[XII. 16 – 17]

व्याघ्रनामानि

व्याघ्रो मृगारिर्मृगहा व्यालो भीमपराक्रमः ।। 18 ।।

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चित्रकनामानि

चित्रको वेगवांश्चित्री द्वीपी स्याद्दीर्घदंष्ट्रकः ।। 19 ।।

वृकनामानि

वृकदेहो वृकः कोकस्तरक्षुस्तु मृगादनः ।। 20 ।।

वृकनामगुणाः

कुक्कुरनामानि

कुक्कुरः शुनकः श्वानः कौलेयः[17] शुनकः शुनः ।
सारमेयः कृतज्ञश्च भक्षणो[18] मृगदंशकः ।। 21 ।।

कुक्कर

व्याघ्रादिगुणाः

व्याघ्रचित्रतरक्षुश्ववृकाणां पललं गुरु ।
उष्णं वातहरं स्वर्यं हितमक्षिविकारिणाम् ।। 22 ।।

व्याघ्रादीनां मांसगुणाः

Vyāghra (Tiger)

Syn. :Vyāghra, mṛgāri, mṛgahā, vyāla and *bhīma parākrama.*

Citraka (Leopard)

Syn. : Citraka, vegavān, citrī, dvīpī and *dīrgha daṃṣṭraka.*

Vṛka (Hyena)

Syn. : Vṛka deha, vṛka, koka, tarakṣu and *mṛgādana.*

Kukkura (Dog)

Syn. : Kukkura, śunaka, śvāna, kauleya, śunaka, śuna, sārameya, kṛtajña, bhakṣaṇa and *mṛgadaṃśaka.*

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17. (ख) श्वा स्यात्कौलेयः 18. भषणः

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Properties

Attribute : Heavy.

Potency : Hot.

Specific action : Promote voice and alleviate*vāyu.*

Therapeutic usage : Cure eye-diseases.

[XII. 18–22]

सूकरनामगुणाः

[133 V.] सूकरो रोमशः पोत्री कोलो घोणिः किरिः किटिः[19]।
दंष्ट्री क्रोष्टा चोर्ध्वरोमा भूदारश्च वराहकः ।। 23 ।।

सौकरं पिशितं स्वादु बल्यं वातापहं गुरु ।
स्निग्धोष्णं शुक्रलं रुच्यं निद्रास्थूलत्वदाढ्यर्कृत् ।। 24 ।।

सुकरनामगुणाः

Sūkara (Pig)

Syn. : *Sūkara, romaśa, potrī, kola, ghoṇi, kiri, kiṭi, damṣṭrī, kroṣṭā, ūrdhva romā, bhūdāra* and *varāhaka.*

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Hot.

Specific action : Promotes strength, quantity of semen, appetite, sleep, fat and steadiness and alleviator of *vāyu.*

[XII. 23–24]

छागनामगुणाः

छागी गलस्तनी मण्डा सर्वभक्ष्या त्वजा भृजा ।
वर्करश्छागलश्छागो बस्तेयः कालकः पशुः ।। 25 ।।

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19. (क) किरिकिटिः

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छागमांसं गुरु स्निग्धं लघुपाकं[20] त्रिदोषजित् ।
अदाहि[21] बृंहणं नातिशीतं पीनसनाशनम् ।
देहधातुसमानत्वादनभिष्यन्दि बृंहणम् ।। 26 ।।

छेलिनामगुणः

Chāga (Goat)

Syn. : *Chāgī, galastanī, maṇḍā, sarvabhakṣyā, ajā, bhṛjā, varkara, chāgala, chāga, basteya, kālaka* and *paśu.*

Attributes : Heavy, light (after cooking) and unctuous.

Potency : Not very cold.

Specific action : Nourishing and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *pīnasa* (chronic rhinitis).

Note : i) It does not casue burning sensation.

ii) It is not *abhiṣyandi* (which obstructs the channels of circulation) because it is wholesome for *dhātus* (tissue elements) of the body.

[XII. 25–26]

मेषमेढ्रपुच्छनामगुणाः

[134 R.] मेषो भेडी हुडो मेढ्र उरभ्र उरणोऽविकः ।
ऊर्णायुरेडको वृश्चिर्मेद्रपुच्छस्तु दुम्बुकः ।। 27 ।।

मेष्ठानामगुणाः

मेषमांसं गुरु स्निग्धं बल्यं पित्तकफप्रदम् ।
मेदःपुच्छामिषं वृष्यं कफपित्तकरं गुरु ।। 28 ।।

मेष्ठापुच्छभेद

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20. (ख) लघु पक्वं 21. (क) विदाहि

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Meṣa-Meḍhra-Puccha (Sheep and Its Tail)

Syn. : *Meṣa, bheḍī, huḍa, meḍhra, urabhra, uraṇa, avika, ūrṇāyu, eḍaka. Meḍra puccha* is called *dumbuka.*

Attributes : Heavy and unctuous.

Specific action : Strength promoting.

Note : It aggravates *pitta* and *kapha.*

Fat and Meat of Tail

Attribute : Heavy.

Specific action : Aphrodisiac.

Note : They aggravate *kapha* and *pitta.*

[XII. 27–28]

एणनामगुणाः

हरिणस्ताम्रवर्णः स्यात् कुरङ्गश्चारुलोचनः ।
सारङ्गोऽजिनयोनिश्च वातायुश्चपलो मृगः ।
एणः कृष्णोऽपरः कृष्णकुरङ्गः कृष्णसारकः ।। 29 ।।

एणमांसं हिमं रुच्यं ग्राहि दोषत्रयापहम् ।
षड्रसं बलदं पथ्यं लघु ह्यं ज्वराम्रजित् ।। 30 ।।

हरिणनामगुणाः

Eṇa (Black Buck)

Syn. : *Hariṇa, tāmra varṇa, kuraṅga, cāru locana, sāraṅga, ajina yoni, vātāyu, capala* and *mṛga.*

Variety

Kṛṣṇa kuraṅga and *kṛṣṇa sāraka.*

Taste : Sweet, sour, bitter, pungent, saline and astringent.

Attribute : Light.

Potency : Cold.

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Specific action : Constipative, cardiac tonic, appetiser, strength promoting and alleviator of all the three *doṣas*.

Therapeutic usage : Cures *jvara* (fever) and *asra* (vitiation of blood).

Note : It is wholesome.

[XII. 29–30]

गोकर्णशम्बरनामगुणाः

[134 V.] गोकर्णोऽविकटः शृङ्गी विड्बद्धोऽन्यस्तु शम्बरः ॥ 31 ॥
गोकर्णशम्बरौ शीतौ गुरु स्निग्धौ कफप्रदौ ।
रसे पाके च मधुरौ रक्तपित्तविनाशनौ ॥ 32 ॥

गोकर्णशावकनामगुणाः

Gokarṇa (The Deer Antelope picta)

Syn. : *Gokarṇa, avikaṭa, śṛṅgī* and *viḍ baddha*.

Śambara (Sambar – A Large Indian Deer)

Syn. : *Śambara*.

Properties of Both

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Vipāka : Sweet.

Therapeutic usage : Cure *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Note : Meat of both these animals aggravate *kapha*.

[XII. 31–32]

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गवयनामगुणाः

रूक्षो नीलाण्डको[22] नीलो गवयश्चारुदर्शनः ।
गवयो मधुरो वृष्यः स्निग्धोष्णः कफपित्तलः ।। 33 ।।

Gavaya (Nilgai – A Large Indian Antelope)

Syn. : *Rūkṣa, nīlāṇḍaka, nīla, gavaya* and *cāru darśana.*

Taste : Sweet.

Attribute : Unctuous.

Potency : Hot.

Specific action : Aphrodisiac.

Note : It aggravates *kapha* and *pitta.*

[XII. 33]

कस्तूरीमुण्डनीमृगनामगुणाः

कस्तूरी हरिणी गन्धी मुण्डनी मृगमातृका ।। 34 ।।

कस्तूरी हरिणः स्वादुर्बद्धविड् दीपनो लघुः ।
मुण्डनी ज्वरकासाम्लक्षयश्वासापहारिणी[23] ।। 35 ।।

Kastūrī Mṛga (Musk Deer)

Syn. : *Kastūrī, hariṇī* and *gandhī.*

Taste : Sweet.

Attribute : Light.

Action : Digestive stimulant.

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22. (ख) मीलाण्डको 23. (ख) ०श्वासापहा हिमा

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Note : It causes the retention of the stool.

Muṇḍanī (Red Coloured Hare-like Deer)

***Syn.* :** *Muṇḍanī* and *mṛga mātṛkā.*

***Therapeutic usage* :** Cures *jvara* (fever), *kāsa* (cough), *asra* (vitiation of blood), *kṣaya* (consumption) and *śvāsa* (dyspnoea).

[XII. 34 –35]

कृतमालच्छिक्कारनामगुणाः

कृतमालो वर्णचरः पृषतो बिन्दुचित्रकः ।
वातप्रमीर्वातमृगश्छिक्कारः कृष्णपुच्छकः ।। 36 ।। [135 R.]

कृतमालादिजं मांसं मधुरं ग्राहि दीपनम् ।
हृद्यं शीतं लघु श्वासज्वरदोषत्रयापहम् ।। 37 ।।

मृगभेदनामगुणाः

Kṛtamāla (Spotted Antelope)

***Syn.* :** *Kṛtamāla, varṇa cara, pṛṣata* and *bindu citraka.*

Chikkāra (A Species of Antelope Living in Marshy Land)

***Syn.* :** *Vātapramī, vātamṛga, chikkāra* and *kṛṣna pucchaka.*

Properties of Both

***Taste* :** Sweet.

***Attribute* :** Light.

***Potency* :** Cold.

***Action* :** Digestive stimulant.

***Specific action* :** Constipative, cardiac tonic and alleviator of all the three *doṣas.*

***Therapeutic usage* :** Cures *śvāsa* (dyspnoea), *jvara* (fever) and *asra* (vitiation of blood).

[XII. 36 – 37]

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रुरुमृगनामगुणाः

रुरुः शरन्मुक्तमृगो न्यङ्कुर्बहुविषाणकः ।। 38 ।।

रुरोर्मांसं गुरु स्वादु वृष्यं पित्तानिलापहम् ।
न्यङ्कुः स्वादुर्लघुर्बल्यो वृष्यो दोषत्रयापहः ।। 39 ।।

हरिणभेदनामगुणाः

Ruru Mṛga (A Species of Antelope)

Ruru

Syn. : *Ruru, śaranmukta* and *mṛga.*

Taste : Sweet.

Attribute : Heavy.

Specific action : Aphrodisiac and alleviator of *pitta* as well as *vāyu.*

Nyaṅku (A Type of Antelope)

Syn. : *Nyaṅku* and *bahu viṣāṇaka.*

Taste : Sweet.

Attribute : Light.

Specific action : Aphrodisiac, strength promoting and alleviator of all the three *doṣas.*

[XII. 38–39]

शशनामगुणाः

शशः शूली रोमकर्णो लम्बकर्णो बिलेशयः ।। 40 ।।

[135 V.] शशः शीतो लघुः स्वादुर्ग्राही पथ्योऽग्निदीपनः ।
सन्निपातज्वरश्वासरक्तपित्तकफापहः ।। 41 ।।

शशानामगुणाः

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Śaśa (Hare)

Syn. **:** *Śaśa, śūlī, roma karṇa, lamba karṇa* and *bileśaya.*

Taste **:** Sweet.

Attribute**:** Light.

Action **:** Digestive stimulant.

Specific action **:** Constipative and alleviator of*pitta* and *kapha.*

Therapeutic usage **:** Cures *sannipāta jvara* (fever caused by the simultaneous vitiation of all the three *doṣas*), *śvāsa* (dyspnoea) and *rakta* (vitiation of blood).

[XII. 40 – 41]

काश्मीरदेशे शरभोऽष्टपात् स्याद्
उत्साहयुक्तश्चतुरूर्ध्वपादः ।
उष्ट्रप्रमाणः समहाविषाणः
ख्यातो वनस्थः स मृगो महाख्यः ।। 42 ।।

Śarabha (An Animal Gone Extinct)

A large size of deer (*mahā mṛga*) is found in Kāśmīra, who has eight legs; who is energetic; who has four legs upward; who is like camel in size; who has big horns and who lives in forest. This is called *śarabha.*

[XII. 42]

शल्लकनामगुणाः

शल्लकः शलली श्वाविन्मेघा स्यात्सूचिनी खरा ।
शल्लकः श्वासकासघ्नश्लीपदोषत्रयापहः ।। 43 ।।

Śallaka (Porcupine)

Syn. **:** *Śallaka, śalalī, śvāvit, medhā, sūcinī* and *kharā.*

Specific action **:** Alleviates all the three *doṣas.*

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Therapeutic usage : Cures *śvāsa* (dyspnoea), *kāsa* (cough), *asra* (vitiation of blood) and *śopha* (oedema).

[XII. 43]

गोधानामगुणाः

गोधा तथैव विज्ञेया विशेषाद्बलवर्द्धिनी ।। 44 ।।

Godhā (Iguana)

It shares the properties of *śallaka*.; speciality it promotes strength.

[XII. 44]

बिडालनकुलनामगुणाः

बिडालकस्तु मार्जारो (पृ–वृ)[24]विषदंशक आखुभुक् ।
मार्यारीनाम
नकुलः पिङ्गलो बभ्रुः सर्पारिः सर्पभक्षकः ।। 45 ।।

मार्जारो मधुरः स्निग्धो वीर्योष्णः कफवातजित् ।
कृशताश्वासकासघ्नो नकुलोऽपि समो गुणैः ।। 46 ।।
मार्यारनकुलगुणाः

Biḍāla (Cat)

Syn. : *Biḍālaka, mārjāra, viṣadaṁśaka* and *ākhubhuk.*

Taste : Sweet.

Attribute : Unctuous.

Potency : Hot.

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *kṛśatā* (emaciation), *śvāsa* (dyspnoea) and *kāsa* (cough).

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24. (क) वृषदंशकः

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Nakula (Mongoose)

Syn. **:** *Nakula, piṅgala, babhru, sarpāri* and *sarpa bhakṣaka.*

Note : It shares the properties of *biḍāla.*

[XII. 45 – 46]

वानरनामगुणाः

वानरो मर्कटः कीशो वनौकाश्च वलीमुखः ।
[136 R.] हरिः शाखामृगः प्लावी प्लवङ्गः प्लवगः कपिः ।। 47 ।।

वानरः पवनश्वासमेदःपाण्डुक्रिमीन् जयेत् ।। 48 ।।

Vānara (Monkey)

Syn. **:** *Vānara, markaṭa, kīśa, vanaukas, valīmukha, hari, śākhā mṛga, plāvi, plavaṅga, plavaga* and *kapi.*

Specific action **:** Alleviates *vāyu.*

Therapeutic usage **:** Cures *śvāsa* (dyspnoea), *medas* (adiposity), *pāṇḍu* (anemia) and *krimi* (parasitic infestation).

[XII. 47– 48]

शृगालनामगुणाः

शृगालो जम्बुकः फेरुर्गोमायुः फेरवः शिवः ।
शिवेशो वंचकः क्रोष्टुर्नेपालः [25]स्वल्पजम्बुकः ।। 49 ।।

शृगालो बलदो वृष्यः सर्ववातक्षयापहः ।। 50 ।।

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25. (क) क्रोष्टुर्लोपाकः

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Śṛgāla (Jackal)

Syn. **:** *Śṛgāla, jambuka, pheru, gomāyu, pherava, śiva, śiveśa, vañcaka, kroṣṭu, nepāla* and *svalpajambuka.*

Specific action **:** Strength promoting, aphrodisiac and alleviator of vitiation of various types of *vāyu.*

Therapeutic usage **:** Cures *kṣaya* (consumption).

[XII. 49–50]

मूषकनामगुणाः

मूषकः खनकः स्तेयी वृष उन्दुरुराखुकः ।
मूषको बद्धविण्मूत्रो बल्यो वृष्योऽनिलापहः ।। 51 ।।

मुषिकनामगुणाः
इति चतुष्पदाः

Mūṣaka (Mouse)

Syn. **:** *Mūṣaka, khanaka, steyī, vṛṣa, unduru* and *ākhuka.*

Specific action **:** Aphrodisiac, strength promoting and alleviator of *vāyu.*

Note : It causes the retention of stool and urine

[XII. 51]

Thus, ends the description of the meats of animals.

पक्षिनामानि

पक्षी विहङ्गमः पत्री शकुन्तिर्विहगः खगः ।
अण्डजो विः पत्ररथः पतत्री शकुनिर्द्विजः ।। 52 ।।

Pakṣi (Bird)

Syn. **:** *Pakṣi, vihaṅgama, patrī, śakunti, vihaga, khaga, aṇḍaja, vi, patra ratha, patatrī, śakuni* and *dvija.*

[XII. 52]

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तित्तिरिनामगुणाः

तित्तिरिश्चित्रपक्षः स्यात् कृष्णो गौरः कपिंजलः ।। 53 ।।

तित्तिरिर्वर्णदो ग्राही हिक्कादोषत्रयापहः ।
श्वासकासहरः पथ्यस्तस्मादगौरोऽधिको गुणैः ।। 54 ।।

तितिरिनामगुणाः

Tittiri (Partridge)

Black Variety

Syn. : *Tittiri* and *citra pakṣa.*

White Variety

Kapiñjala.

Specific action : Constipative, promoter of complexion and alleviator of all the three *doṣas.*

Therapeutic usage : Cures *hikkā* (hiccup), *śvāsa* (dyspnoea) and *kāsa* (cough).

Note : i) It is wholesome.

ii) The meat of the white variety of *tittiri* is superior in properties.

[XII. 53–54]

वर्तिरनामगुणाः

वर्तिरो वर्तिका चित्रस्ततोऽल्पवर्तिका मता ।
वर्तिरोऽग्निकरः शीतो ज्वरदोषत्रयापहः ।। 55 ।।

वर्टेरानामगुणाः

Vartira (A Variety of Partridge)

Syn. : *Vartira* and *vartikā.*

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Vartira Having Spots

Alpavartikā.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Alleviates all the three *doṣas.*

Therapeutic usage : Cures *jvara* (fever).

[XII. 55]

लावनामगुणाः

लावश्चित्रश्चित्रतनुः स चतुर्द्धा मतो बुधैः ।
पांशुलो गैरिकोऽन्ये तु[26] पौण्ड्रको दर्भरस्तथा ।। 56 ।।

लावा ह्द्या[27] हिमाः स्निग्धा ग्राहिणो वह्निप्रदीपनाः ।
पांशुलः श्लेष्मलस्तेषां वीर्योष्णोऽनिलनाशनः ।।57।।

[137 R.] गैरिकः कफवातघ्नो रूक्षो वह्निप्रदः परम्[28] ।
पौण्ड्रकः पित्तकृत्किंचिल्लघुः श्लेष्मानिलापहः ।
दर्भरो रक्तपित्तघ्नो ह्रदामयहरो हिमः ।। 58 ।।

लावकनामगुणाः

Lāva (Common Quail)

Syn. : *Lāva, citra* and *citra tanu.*

Varieties

Lāva is of four varieties, namely, (i)*pāṃśula*, (ii)*gairika*, (iii) *pauṇ ḍraka*, and (iv) *darbhara.*

Properties

Lāva

Attribute : Unctuous.

Potency : Cold.

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26. (क) oऽन्यस्तु 27. (क) लावकाद्या 28. (क) परः

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Action : Digestive stimulant.

Specific action : Constipative.

Pāṃśula

Potency : Hot.

Specific action : Alleviates *vāyu.*

Note : It aggravates *kapha.*

Gairika

Attribute : Ununctuous.

Action : Excessively digestive stimulant.

Specific action : Alleviates *kapha* and *vāyu.*

Paunḍraka

Attribute : Slightly light.

Specific action : Alleviates *kapha* and*vāyu.*

Note : It aggravates *pitta.*

Darbhara

Potency : Cold.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *hṛdāmaya* (heart diseases).

[XII. 56 –58]

चटकनामगुणाः

चटकः कलविङ्कः स्यादन्यो ग्राम्यस्तु पुण्ड्रकः ॥ 59 ॥

चटकः शीतलः स्निग्धः स्वादुः शुक्रकफप्रदः ।
सन्निपातहरो वेश्मचटकः शुक्रलः परम् ॥ 60 ॥

गृहचटकनामगुणाः

Caṭaka (Tree Sparrow)

Syn.:Kalaviṅka.

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Taste : Sweet.

Attribute : Unctuous.

Potency : Cold.

Specific action : Increases semen.

Note : It aggravates *kapha*.

Veśma Caṭaka (House Sparrow)

Syn. :*Puṇḍraka*.

Specific action : Increases semen in excess.

Therapeutic usage : Cures *sannipāta* (simultaneous vitiation of all the three *doṣas*).

[XII. 59–60]

वार्तिकगुणाः

वार्तिको मधुरः शीतः सरूक्षः कफपित्तनुत्[29] ।। 61 ।।

वर्तकनामगुणाः

Vārtika (Female Bustard)

Taste : Sweet.

Attribute : Ununctuous.

Potency : Cold.

Specific action : Alleviates *kapha* and *pitta*.

[XII. 61]

पारावतादिनामगुणाः

पारावतः कलरवो मंजुघोषो मदोत्कटः ।
कपोतो घुघुकृत्पाण्डुरन्यः काणः कपोतकः ।। 62 ।।

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29. (क) स्वादुः शुक्रकफप्रदः

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[137 V.] पारावतो गुरुः स्निग्धो रक्तपित्तानिलापहः ।
संग्राही शुक्रलः शीतः कपोतोऽपि समो गुणैः ।
किंचिल्लघुः परं काणः कपोतः सर्वदोषकृत्[30] ।। 63 ।।

पारावतनामगुणाः

Pārāvata (Pigeon)

Syn. : *Pārāvata, kalarava, mañjughoṣa* and *madotkaṭa.*

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Constipative, promoter of semen and alleviator of *vāyu.*

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of the body).

Kapota (Dove)

Syn. : *Kapota, ghughukṛt* and *pāṇḍu.*

A Variety

Kāṇa kapota.

Note : i) It shares the properties of the meat of *pārāvata.* It is slightly lighter for digestion.

ii) A variety of this bird called *kāṇa kapota* aggravates all the three *doṣas.*

[XII. 62–63]

मयूरनामगुणाः

मयूरश्चन्द्रकः केकी मेघरावो भुजङ्गभुक् ।
शिखी शिखावलो बर्ही शिखण्डी नीलकण्ठकः ।
शुक्लापाङ्गः कलापी च मेघनादस्तु लासकः ।। 64 ।।

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30. (क) सर्वदोषहृत्

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मयूरो बृंहणः श्रोत्रशिरोरुग्वातशोफ[31]जित् ।
उष्णो बलायुर्मेधाग्निकेशदृग्वरवर्णदः ।। 65 ।।

सेव्यं मयूरजं मांसं हेमन्ते शिशिरे मधौ ।
न शरद्ग्रीष्मयोः पथ्यं वर्षास्वप्यहिभक्षणात् ।। 66 ।।

मयूरमांसगुणाः

Mayūra (Peacock)

Syn. : *Mayūraka, candraka, kekī, megharāva, bhujaṅga bhuk, śikhī, śikhāvala, barhī, śikhaṇḍī, nīlakaṇṭhaka, śuklāpāṅga, kalāpī, megha nāda* and *lāsaka.*

Potency : Hot.

Action : Digestive stimulant.

Specific action : Nourishing, promoter of strength, longevity, intellect, hair, eye-sight and good complexion, and alleviator of *vāyu.*

Therapeutic usage : Cures diseases of ears and head and *śopha* (oedema).

Note : i) The meat of peacock should be taken during *hemanta* (early winter), *śiśira* (late winter) and spring season.

ii) It is unwholesome if taken during autumn and summer. It is also not wholesome in rainy season because peacock eats snakes during this period.

[XII. 64–66]

कुक्कुटनामगुणाः

[138 R.] कुक्कुटो विष्किरः[32] शौण्डी कालज्ञ[33]श्चरणायुधः ।
कृकवाकुस्ताम्रचूडः स्यादन्योऽरण्यकुक्कुटः ।। 67 ।।

कुक्कुटो बृंहणः स्निग्धो वीर्योष्णोऽनिलजिद् गुरुः ।
चक्षुष्यः शुक्रकफकृद् वन्यो रूक्षः कषायकः ।
पानीयकुक्कुटः स्निग्धो बृंहणः श्लेष्मलो गुरुः ।। 68 ।।

कुक्कुटमांसनामगुणाः

31. (ख) ०वातशोषजित् 32. (ख) विकिरः 33. (क) कालकश्चरणा०

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Kukkuṭa (Cock)

Syn. :*Kukkuṭa, viṣkira, śauṇḍī, kālajña, caraṇāyudha, kṛkavāku* and *tāmra cūḍa.*

Attributes : Heavy and unctuous.

Potency : Hot.

Specific action : Promotes nourishment, eye-sight and semen and alleviates *vāyu.*

Note : It aggravates *kapha.*

Vanya Kukkuṭa (Wild Cock)

Syn. : *Araṇya kukkuṭa.*

Taste : Astringent.

Attribute : Ununctuous.

Pānīya Kukkuṭa (Water Fowl)

Attributes : Heavy and unctuous.

Specific action : Nourishing.

Note : It vitiates *kapha.*

[XII. 67–68]

शुकसारिकानामगुणाः

शुको रक्तमुखः कीरो वाग्मी सुन्दरदर्शनः ।
सारिका रासिका[34] दूती सुमतिः प्रियवादिनी ।। 69 ।।

शुकः शीतो लघुर्ग्राही क्षतकासक्षयापहः ।
रूक्षस्तद्वन्मता सारी स्निग्धा बुद्धिबलाग्निकृत् ।। 70 ।।

शुकसारीनामगुणाः

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34. (ख) रासिता

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Śuka (Parrot)

Syn. : *Śuka, rakta mukha, kīra, vāggmī* and *sundara darśana.*

Attributes : Light and ununctuous.

Potency : Cold.

Specific action : Constipative.

Therapeutic usage : Cures *kṣata* (phthisis), *kāsa* (bronchitis) and *kṣaya* (consumption).

Sārikā (Myna)

Syn. : *Sārikā, rāsikā, dūtī, sumati* and *priyavādinī.*

Attribute : Unctuous.

Action : Digestive stimulant.

Specific action : Laxative and promoter of intellect and strength.

Note : It shares the other properties of the meat of parrot.

[XII. 69–70]

कोकिलनामगुणाः

कोकिलः कलकण्ठः स्यात् परपुष्टो वनप्रियः ।
पिकः परभृतो हारी[35] ताम्राक्षो मधुदूतकः ।। 71 ।।

[138 V.] कोकिलो दीपनो ग्राही चक्षुष्यः क्षयकासजित् ।। 72 ।।

Kokila (Indian Cuckoo)

Syn. : *Kokila, kalakaṇṭha, parapuṣṭa, vanapriya, pika, parabhṛta, hārī, tāmrākṣa* and *madhudūtaka.*

Action : Digestive stimulant.

Specific action : Constipative and promoter of eye-sight.

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35. (ख) परभृताहारी

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Therapeutic usage : Cure*kṣaya* (consumption) and *kāsa* (cough).

[XII. 71–72]

काकनामानि

काको ध्वांक्षो गूढकामी बलिपुष्टः सकृत्प्रजः ।
वायसो बलिभुक्काणः[36] करटश्चतुरो द्विजः ।। 73 ।।

भासनामानि

भासः शिखावान् भासन्तो[37] गृध्राकारो रजः प्रजः[38] ।। 74 ।।

भासकाकनाम

काकभासमांसगुणाः

काकभासभवं मांसं चक्षुष्यं दीपनं लघु ।
आयुष्यं बृंहणं बल्यं क्षतदोषक्षयापहम् ।। 75 ।।

काकभासनामगुणाः

Kāka (Crow)

Syn. : *Kāka, dhvāṅkṣa, gūḍhakāmī, balipuṣṭa, sakṛtpraja, vāyasa, balibhuk, kāṇa, karaṭa, catura* and *dvija.*

Bhāsa (A Type of Vulture)

Syn. : *Bhāsa, śikhāvān, bhāsanta, gṛdhrākāra* and *rajaḥpraja.*

Properties of Both

Attribute : Light.

Action : Digestive stimulant.

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36. (ख) ०भुक्कालः 37. (ख) सिखावाभ्रसतो 38. (ख) रजःप्रभः

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Specific action : Promoter of eye-sight, longevity, nourishment and strength, and alleviator of all the *doṣas*.

Therapeutic usage : Cures *kṣata* (phthisis) and *kṣaya* (consumption).

[XII. 73–75]

गृध्रनामगुणाः

गृध्रः सुदृष्टः शकुनिर्वक्रदृष्टिश्च[39] दूरदृक् ।
गृध्रस्य काकवन्मांसं विशेषान्नेत्ररोगजित् ।। 76 ।।

गृध्रमांसगुणाः

Gṛdhra (Vulture)

Syn. : *Gṛdhra, sudṛṣṭa, śakuni, vakradṛṣṭi* and *dūradṛk.*

Note : The meat of *gṛdhra* shares the properties of the meat of crow. Specially, it cures eye-diseases.

[XII. 76]

हंसनामगुणाः

हंसश्वेतगरुत्मन्तः सौकारक्तौ पदानहौ[40] ।
राजहंसः स्मृतः कृष्णैर्धार्त्तराष्ट्रोऽथ मल्लिकः[41] ।। 77 ।। [139 R.]

मलिनैः कलहंसस्तु पीतैः कादम्ब उच्यते ।
कारण्डवः प्लवो मद्गुर्वरटा हंसयोषितः ।। 78 ।।

हंसः स्निग्धो[42] गुरुर्वृष्यो[43] वीर्योष्णः स्वरवर्णकृत् ।
वातास्रपित्तशमनो बृंहणो बलवर्द्धनः ।। 79 ।।

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39. (क) चक्रचंचुश्च 40. (क) गदाननौ 41. (ख) मालिकः 42. (क) शीतो
43. (क) गुरु स्निग्धो

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Haṃsa (Swan)

Syn. : *Haṃsa, śveta, garutmān, saukā, rakta, pada* and *ānaha.*

Haṃsa Having Black Wings

Rāja haṃsa, dhārttarāṣṭra and *mallika.*

Haṃsa having dull colour of wings is called *kālahaṃsa.*

Haṃsa having yellow coloured wings is called *kādamba.*

Haṃsa Yoṣit (Female Swan)

Syn. : *Kāraṇḍava, plava, madgu* and *varaṭā.*

Properties

Attributes : Heavy and unctuous.

Potency : Hot.

Action : Digestive stimulant.

Specific action : Aphrodisiac, nourishing, promoter of voice, complexion and strength and alleviator of *vāyu.*

Therapeutic usage : Cures *asra pitta* (a disease characterised by bleeding from different parts of the body).

[XII. 77–79]

सारसचक्रवाकनामानि

सारसो लक्ष्मणो रक्तमूर्द्धा स्यात् पुष्कराह्वयः ।
चक्रवाकः पत्ररथश्चक्रश्चक्री सुकार्मुकः ।
रथाङ्गनामा कोकोऽथ कङ्कः स्याल्लोहपृष्ठकः ।। 80 ।।

चक्रवादनाम

बकनामानि

बको बकोटो ध्वलो बलाका बिसकण्ठिका ।। 81 ।।

वकनाम

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आडिनामानि

आडिः शरारिरातिश्च विचित्रजलचारिणी ।। 82 ।। [139 V.]

आटी

चक्रादिमांसगुणाः

चक्रकङ्कबकोटादिमांसं स्निग्धं हिमं गुरु ।
मधुरं सृष्टविण्मूत्रं वातपित्तास्रनाशनम् ।। 83 ।।

चक्रवाकनामगुणाः

Sārasa (Crane)

Syn. : *Sārasa, lakṣmaṇa, rakta mūrddhā* and *puṣkarāhvaya.*

Cakravāka (Cakra Bird-Anas Casarca)

Syn. : *Cakravāka, patraratha, cakra, cakrī, sukārmuka, rathaṅganāmā, koka, kaṅka* and *loha pṛṣṭhaka.*

Baka (Common Crane)

Syn. :*Baka, bakoṭa, dhavala, balākā* and *bisakaṇṭhikā.*

Āḍi (A Type of Crane)

Syn. : *Āḍi, śarāri, āti* and *vicitrajalacāriṇī.*

Properties of Cakra, etc.

The meat of *cakra, kaṅka, baka* and *uṇṭa*, etc. has following properties :

Taste : Sweet.

Attributes : Heavy and unctuous.

Potency : Cold.

Specific action : Alleviates *vāyu, pitta* and vitiated blood.

Note : They produce more stool and urine.

[XII. 80 –83]

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कृङ्कणनामगुणाः

कारेडुकः ककरेडुः करकः कृङ्कणस्तथा ।
कृङ्कणो बृंहणो बल्यो वातपित्तहरो लघुः ।। 84 ।।

करटिआनामगुणाः

Kṛṅkaṇa (A Type of Partridge)

Syn. : *Kāreḍuka, kakaredu, karaka* and *kṛṅkaṇa.*

Attribute : Light.

Specific action : Nourishing, strength promoting and alleviator of *vāyu* and *pitta.*

[XII. 84]

खंजरीटनामानि

खंजरीटः खंजनकश्चाषनामा किकीदिविः ।। 85 ।।

चातकनामानि

चातकस्तु घनरवः सारङ्गस्तोककौ भ्रमः ।। 86 ।।

चातकनामगुणाः

भारद्वाजादिनामगुणाः

भारद्वाजः कक्कराटो[44] व्याघ्राटोऽहिकुटिः परः ।। 87 ।।
खंजरीटश्चातकश्च कासश्लेष्मा[45]निलापहः ।

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44. (क) क्रकराटो 45. खंजरीटो भरद्वाजश्चाषः श्लेष्मा०

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चातको[46]ऽनिलपित्तघ्नो भरद्वाजः कफास्रजित् ।। 88 ।।

खंजरीटनामगुणाः

Khañjarīṭa (Wagtail)

Syn. : *Khañjarīṭa, khañjanaka, cāṣanāmā* and *kikīdivi.*

Cātaka (The Bird Cucculus melanoleucus)

Syn. : *Cataka, ghana rava, sāraṅga, tokaka* and *bhrama.*

Propterties

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Cures *kāsa* (bronchitis).

Bhāradvāja (Skylark)

Syn. : *Bhāradvāja, kakrāṭa, vyāghrāṭa, ahikuṭi* and *para.*

Specific action : Alleviates *kapha* and vitiated blood.

[XII. 85 – 88]

श्येननामगुणाः

श्येनः समादनः पत्री चीरिश्चिल्ली चिरिल्लिका । [140 R.]
श्येनचीरीभवं मांसं प्रायो दोषकरं गुरु ।। 89 ।।

श्येनचारीनामगुणाः

Śyena (Eagle)

Syn. : *Śyena, samādana* and *patrī.*

Cīri (Hawk or Kite)

Syn. : *Cīri, cillī* and *cirillikā.*

Properties of Both

Attribute : Heavy.

Note : They generally, aggravate *doṣas.*

[XII. 89]

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46. (ख) वातलो

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उलूकनामगुणाः

उलूकः कौशिकः काकवैरी घूको निशाचरः ।
उलूकपललं भ्रान्तिकरं वातप्रकोपदम् ।। 90 ।।

Ulūka (Owl)

Syn. : *Ulūka, kauśika, kākavairī, ghūka* and *niśācara.*

Note : i) It causes *bhrānti* (giddiness).

ii) It vitiates *vāyu.*

[XII. 90]

चकोरनामगुणाः

चकोरश्चन्द्रिकापायी जीवंजीवः सुलोचनः ।
चकोरो बृंहणो बल्यः स्निग्धोष्णो वातनाशनः ।। 91 ।।

Cakora (Greek Partridge)

Syn. : *Cakora, candrikā pāyī, jīvañjīva* and *sulocana.*

Attribute : Unctuous.

Potency : Hot.

Specific action : Nourishing, strength promoting and alleviator of *vāyu.*

[XII. 91]

क्रौचादिनामगुणाः

क्रौंचकः पेचकोऽन्यस्तु पुच्छाधोभागलोहितः ।
वक्रोशः कुररोऽथान्यःकोयष्टिष्टिट्टिभस्तथा ।। 92 ।।

क्रौंचः पित्तानिलहरः पेचकः कफ वातजित् ।
कुररः क्रौंचवज्ज्ञेयष्टिट्टिभोऽल्पमरुत्करः ।। 93 ।। [140 V.]

क्रौंचनामगुणाः

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Krauñca (Curlew)

Syn. : *Krauñcaka.*

Specific action : Alleviates *pitta* and *vāyu.*

Pecaka (A Type of Owl)

The lower part of its tail is reddish.

Specific action : Alleviates *kapha* and *vāyu.*

Kurara (Osprey)

Syn. : *Vakroś́a* and *kurara.*

Ṭiṭṭibha (Name of a Bird – Parra jacana)

Syn. : *Koyaṣṭi* and *ṭiṭṭibha.*

It slightly vitiates *vāyu.*

[XII. 92–93]

रोहितादिमत्स्यनामगुणाः

मत्स्यो झषस्तिमिर्मीनः कण्ठी वैसारिणोऽण्डजः[47] ।
पृथुरोमाऽभिसारः स्याद्विसारः शकुली तथा ।। 94 ।।

रक्तोदरो रक्तमुखो रोहितो मत्स्यपुङ्गवः ।
सहस्रदंष्ट्रः पाठीनः कृष्णवर्णो महाशिरः ।। 95 ।।

शफरः क्षुद्रमत्स्यः स्यात्प्रोष्ठी तु सफरी स्मृता ।
नलमीनश्चिलिचिमस्तमिः ख्यातः समुद्रजः ।। 96 ।।

मधुसमुद्रजः

मत्स्या बलप्रदा वृष्या गुरवः कफपित्तलाः ।
उष्णाभिष्यन्दिनः स्निग्धा बृंहणाः पवनापहाः ।। 97 ।।

सामान्यमत्स्याः

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47. (ख) वैसारिणो द्रवः

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Fish

Rohitādi Matsya (Fishes, like Rohita, etc.)

Matsya (Fish in General)

Syn. : *Matsya, jhaṣa, timi, mīna, kaṇṭhī, vaisariṇa, aṇḍaja, pṛthuromā, abhisāra, visāra* and *śakulī.*

Rohita (Cyprinus rohitaka)

Syn. : *Raktodara, rakta mukha, rohita* and *matsya puṅgava.*

Pāṭhīna (Silurus pelorius)

Syn. : *Sahasra daṃṣṭrā* and *pāṭhīna.*

Mahāśira

Syn. : *Kṛṣṇa varṇa* and *mahāśira.*

Saphari (A Small Fish)

Syn. : *Śaphara, kṣudra matsya, proṣṭhī* and *saphari.*

Samudraja (Sea-Fish)

Syn. : *Nalamīna, cilicima* and *timi* —these are different types of sea-fish.

Properties of Matsya (Fish in General)

Attributes : Heavy and unctuous.

Potency : Hot.

Specific action : Aphrodisiac, nourishing and *vāyu*-alleviating.

Note : i) It is *abhiṣyandi* (which obstructs the channels of circulation).

ii) It aggravates *kapha* and *pitta.*

[XII. 94 –97]

नादेया बृंहणा मत्स्या गुरवोऽनिलनाशनाः ।
कौप्या वृष्याः कफाष्ठीलामूत्रकुष्ठविबन्धदाः ।। 98 ।।

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Taḍāga Matsya (Pond Fish)

Attribute : Heavy.

Potency : Cold.

Specific action : Aphrodisiac.

Note : It increases stool and urine.

Nādeya Matsya (Fish Collected from River)

Attribute : Heavy.

Specific action : Nourishing and *vāyu*-alleviating.

Kaupya Matsya (Well Fish)

Specific action : Aphrodisiac, diuretic and constipative.

Note : i) It causes *aṣṭhīlā* (hard tumour in the abdomen) and *kuṣṭha* (obstinate skin diseases including leprosy).

ii) It aggravates *kapha*.

[XII. 98]

तडागा गुरवो वृष्याः शीतला मलमूत्रदाः । [141 R.]
तडागवन्निर्झरजा बलायुर्मतिदृक्कराः ।
सरोजा मधुराः स्निग्धा बल्या वातनिबर्हणाः ।। 99 ।।

Nirjharja Matsya (Spring Fish)

It shares the properties of pond fish. Specially, promotes strength, longevity, intellect and eye-sight.

Saroja Matsya (Big Pond Fish)

Taste : Sweet.

Attribute : Unctuous.

Specific action : Promotes strength and alleviates *vāyu*.

[XII. 99]

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सामुद्रा गुरवो नातिपित्तलाः पवनापहाः ।
तत्रापि लवणाम्भोजा ग्राहिणो दृष्टिनाशनाः ।। 100 ।।

Sāmudra Matsya (Sea Fish)

Attribute : Heavy.

Specific action : Alleviates *vāyu*.

Note : It does not aggravate *pitta* in excess.

Fish Collected From Sea Having Saline Water

It is constipative and causes the loss of eye-sight.

[XII. 100]

ह्रदोद्भवा बलकरा न तु स्वच्छजलोद्भवाः ।। 101 ।।

Hradodbhava Matsya (Fish Collected From Lake)

Specific action : Promotes strength.

Note : Fish collected from clean water does not promote strength.

[XII. 101]

हेमन्ते कूपजा मत्स्याः शिशिरे सारसा हिताः ।
मधुग्रीष्माम्बुकालेषु नदीचुंगीतडागजाः ।
शरत्सु नैर्झराः सर्वे वर्षोत्थाः सर्वदोषददाः ।। 102 ।।

Fish in Different Season

In *hemanta* (early winter), fish collected from well is useful; in *śiśira* (late winter), fish from big pond is useful; in spring season, river-fish is useful; in summer season, tank-fish (?) is useful; in rainy season, fish collected from small pond is useful and in autumn, fish collected from spring is useful.

All types of fish collected from rain water aggravate all the *doṣas*.

[XII. 102]

Rohita, etc.

रोहितः प्रवरस्तेषु नातिपित्तकरो लघुः ।
कषायानुरसो[48] बल्यः पाठीनः श्लेष्मलो गुरुः ।। 103 ।। [141 V.]

रोहितादिमत्स्यगुणाः

48. (ख) काऽयानुरसो

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Taste : Astringent (subsidiary taste).

Attribute : Light.

Specific action : Strength promoting.

Note : i) This type of fish is the best among all types of fish.

ii) It does not vitiate *pitta* in excess.

Pāṭhīna

Attribute : Heavy.

Note : It aggravates *kapha*.

[XII. 103]

क्षुद्रमत्स्य-मत्स्याण्डगुणाः

क्षुद्रमत्स्याः स्वादुरसा दोषत्रयनिबर्हणाः ।
सूक्ष्माः परं पुंस्त्वकरा रुच्याः कासानिलापहाः ।। 104 ।।

Kṣudra Matsya (Small Fish) and Matsyāṇḍa (Egg of Fish)

Small Fish

Taste : Sweet.

Specific action : Alleviates all the three *doṣas*.

Suksma matsya

Specific action : Promotes potency and appetite and alleviates *vāyu*.

Therapeutic usage : Cures *kāsa* (bronchitis).

[XII. 104]

चिमचिममत्स्यगुणाः

त्रिदोषकृच्चिमचिमो मत्स्यो बल्यः[49] परं मतः ।
मत्स्यगर्भः परं वृष्यः स्निग्धः स्थैर्यकरो गुरुः ।
कफमेदरुप्रदो बल्यो ग्लानिकृन्मेहनाशनः ।। 105 ।।

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49. (ख) ०चिमाचिमस्तिमि

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Cimacima

Specific action : Strength promoting.

Note : It aggravates all the three *doṣas.*

Matsya Garbha (Egg)

Attributes : Heavy and unctuous.

Specific action : Aphrodisiac and promoter of steadiness, fat and strength.

Therapeutic usage : Cures *meha* (obstinate urinary disorders including diabetes).

Note : i) It produces fatigue.

ii) It aggravates *kapha.*

[XII. 105]

शिशुमारनामगुणाः

शिशुमारो दृतेस्तुल्यो[50] मकरस्तिमिदंष्ट्रकः ।। 106 ।।

शिशुमारो गुरुर्वृष्यः कफकृद्वातनाशनः ।
बृंहणो बलदः स्निग्धस्तद्वन्मकरमादिशेत् ।। 107 ।।

Śiśumāra (Alligator)

Syn. : Śiśumāra and *dṛṣṭitulya.*

Attributes : Heavy and unctuous.

Specific action : Aphrodisiac, nourishing, strength promoting and alleviator of *vāyu.*

Note : It aggravates *kapha.*

Makara (Crocodile)

Syn. : Makara and *timidaṃṣṭraka.*

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50. (क) दृष्टिस्तुल्यो

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Note : It shares the properties of *śiśumāra.*

[XII. 106 –107]

कच्छपनामगुणाः

कच्छपो गूढपात्कूर्मः कमठो दृढपृष्ठकः ।
कच्छपो बलदः स्निग्धो वातजित् पुंस्त्वकारकः ।। 108 ।। [142 R.]

Kacchapa (Tortoise)

Syn. : *Kacchapa, gūḍhapāt, kūrma, kamaṭha* and *dṛḍha pṛṣṭhaka.*

Attribute : Unctuous.

Specific action : promotes strength and potency and alleviates *vāyu.*

[XII. 108]

मण्डूकनामगुणाः

मण्डूकः प्लवगो भेको वर्षाभूर्दुर्दुरो हरिः ।
मण्डूकः श्लेष्मलो नातिपित्तलो बलकारकः ।। 109 ।।

Maṇḍūka (Frog)

Syn. : *Maṇḍūka, plavaga, bheka, varṣābhū, durdura* and *hari.*

Specific action : Strength promoting.

Note : i) It aggravates *kapha.*

ii) It does not aggravate *pitta* in excess.

[XII. 109]

कर्कटनामगुणाः

कर्कटः कुरुचिल्लः स्यात्कुलीरः षोडशाम्बिकः ।
कर्कटो बृंहणो वृष्यः शीतलोऽसृग्दरापहः ।। 110 ।।

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Karkaṭa (Crab)

Syn. **:** *Karkaṭa, kurucilla, kulīra* and *ṣoḍaśāmbika.*

Potency **:** Cold.

Specific action **:** Nourishing and aphrodisiac.

Therapeutic usage **:** Cures *asṛgdara* (menorrhagia).

[XII. 110]

सर्पनामानि

सर्पो भुजङ्गो फणी भोगी भुजङ्गमः ।
कुण्डली कंचुकी चक्री पन्नगः पवनाशनः ।। 111 ।।

गूढपादुरगो नागो जिह्मगश्च सरीसृपः ।
चक्षुःश्रवा दीर्घपृष्ठो व्याल आशीविषस्त्वहिः ।। 112 ।।

दर्वीकरो विषधरो दन्दशूको बिलेशयः । [142 V.]
कुम्भीनसः पृदाकुः स्याद् दंष्ट्री काकोदरी विषी[51] ।। 113 ।

सर्पनाम

डिण्डिभनामानि

डिण्डिभो राजिलः प्रोक्तोऽजगरो वाहसः शयुः[52] ।
जलसर्पोऽलगर्दः[53] स्यात्तिलित्सो गोनसः स्मृतः ।। 114 ।।

सर्पभेदाः

सर्पमांसगुणाः

सर्पाणां स्नेहनं मांसं चक्षुष्यं बृंहणं गुरु ।
दूषीविषक्रिमिहरं मेधाग्निबलवर्द्धनम् ।। 115 ।।

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51. (क) फणी 52. (क) शिशुः 53. (ख) गलार्दः

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Sarpa (snake)

Syn. : *Sarpa, bhujaṅga, bhujaga, phaṇī, bhogī, bhujaṅgama, kumṇḍalī, kañcukī, cakrī, pannaga, pavanāśana, gūḍhapād, uraga, nāga, jihmaga, sarīsṛpa, cakṣuḥśravas, dīrghaprṣṭha, vyāla, āśīviṣa, ahi, darvīkara, viṣadhara, dandaśūka, bileśaya, kumbhīnasa, pṛdāku, daṃṣṭrī, kākodarī* and *viṣī.*

Ḍiṇḍibha (Water-Snake)

Syn. : *Ḍiṇḍibha* and*rājila.*

Ajagara (Boa constrictor)

Syn. : *Ajagara, vāhasa* and *śayu.*

Jala Sarpa (A Type of Water-snake)

Syn. : *Jalasarpa* and *alagarda.*

Tilitsa (A Type of snake)

Syn. : *Tilitsa* and *gonasa.*

Properties of Sarpa (Snake in General)

Attributes : Heavy and unctuous.

Action : Digestive stimulant.

Specific action : Promotes eye-sight, nourishment, intellect and strength.

Therapeutic usage : Cures *dūṣīviṣa* (artificial poisoning) and *krimi* (parasitic infestation).

[XII. 111–115]

गोधानामगुणाः

गोधा घोरफटा पंचनखरा जनिपस्तथा[54] ।
कृष्णसर्पेण गोधेयो गौधेरः ममुदाहृतम् ।। 116 ।।

गोधाऽग्निजननी बल्या वृष्या पित्तानिलापहा ।। 117 ।।

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54. (क) जनितस्तथा

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Godhā (Iguana)

Syn. **:** *Godhā, ghoraphaṭā, pañcanakhara* and *janipa.*

Variety

Godheya and *gaudhera.*

Action **:** Digestive stimulant.

Specific action **:** Promotes virility and strength and alleviates *pitta* as well as *vāyu.*

[XII. 116 –117]

सद्योहतमांसगुणाः

सद्योहतं भजेन्मांसं व्याधिवारिविषे मृतम् ।
वयस्थमकृशं बल्यमन्यथा परिवर्जयेत् ।। 118 ।। [143 R.]

Good Quality of Meat

One should use meat of the following qualities :

(1) Meat of the animals freshly killed;
(2) Meat of animals not died by diseases, drowning and poisoning;
(3) Meat of animals in their youth and which are not emaciated;
(4) Meat of strong animals.

Meat of other types should not be used.

[XII. 118]

वृद्धानां दोषलं मांसं बालानां बलदं गुरु ।। 119 ।।
वृद्धबालकमांसगुणाः

The meat of old animals aggravates *doṣas.* Whereas meat of younger ones promotes strength and it is heavy.

[XII. 119]

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च्युतगर्भागर्भगुणाः

च्युतगर्भा गुरुर्योषिद्गर्भा गर्भवती तथा ।। 120 ।।

च्युतगर्भा

Meat of Female Animals

The meat of female animals whose foetus is aborted, who has female foetus, and who is pregnant is heavy.

[XII. 120]

स्वयंमृतमांसगुणाः

स्वयंमृतमबल्यं स्यादतिसारकरं गुरु ।। 121 ।।

Svayaṃ-mṛta-Māṃsa (Meat of Animals Who Has Died of Its Own)

Attribute : Heavy.

Note : i) It reduces strength.
ii) It causes *atisāra* (diarrhoea).

[XII. 121]

अखाद्यमांसगुणाः

विषाम्बुरुङ्मृतं मृत्युदोषत्रयरुजावहम् ।। 122 ।।

Prohibited Meat

The meat of animals who are killed by poisoning, drowning or diseases causes death, aggravation of all the three *doṣas* and diseases.

[XII. 122]

अङ्गविशेषगुणाः

विहगेषु पुमान् श्रेष्ठः स्त्री चतुष्पादजातिषु ।
पश्चार्द्धं लघु पुंसां स्यात् स्त्रीणां पूर्वार्द्धमादिशेत् ।। 123 ।।

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Selection of Animals and Its Parts for Meat

Among birds, males are the best and among animals (quadrupeds), the females are the best. The hind portion of the body of the males is light and the front portion of the body of females is light.

[XII. 123]

तुल्यजातौ स्थूलदेहो महादेहेषु पूजितः ।
अल्पदेहेषु शस्यन्ते तथैव स्थूलदेहिनः ।। 124 ।।

Among the animals of same species and of big physique, those having compact body are more beneficial. Similarly, among the animals having small body, the meat of those having compact body is more useful.

[XII. 124]

[143 V.] चेष्टावतां परं मांसमलसेम्यो लघु स्मृतम् ।
देहमध्यं गुरु प्रायः सर्वेषां प्राणिनां मतम् ।। 125 ।।

पक्ष्मोत्क्षेपाद्विवहङ्गानां तदेव सममुच्यते ।
गुरूण्यङ्गानि सर्वेषां गलग्रीवं च पक्षिणाम् ।। 126 ।।

The meat of animals who are active is much lighter in comparison to those who are sluggish in movement.

Generally, the middle portion of all animals is considered to heavy. But in the case of birds, this middle portion is better because the feathers are attached to this portion which help in its movement. The meat of the other portions along with neck and throat of the birds is heavy.

[XII. 125–126]

देशविशेषान्मांसगुणाः

ये मृगा विहगास्तोयदूरावासप्रचारकाः ।
ते नाभिष्यन्दिनः सर्वे विपरीता अतोऽन्यथा ।। 127 ।।

Meat of Animals Inhabiting Different Places

The meat of animals and birds inhabiting far away from water is not *abhiṣyandin* (which obstructs the channels of circulation).

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On the other hand, the meat of aquatic animals and birds (inhabiting in water or near water) is *abhiṣyandin.*

[XII. 127]

जलानूपभवाः सर्वे जलानूपचराश्च ये ।
गुरुभक्ष्या गुरुतरं तेषां मांसमुदाहृतम् ।। 128 ।।

Animals who remain in frequent water or marshy land, generally eat heavy things as food. Therefore, meat of such animals is heavy.

[XII. 128]

धन्वोत्पत्तिप्रचाराणां लघु स्याल्लघुभोजिनाम् ।। 129 ।।

The meat of animals who remain in or frequent deserts generally live on light food. Therefore, meat of such animals is light.

[XII. 129]

ऊरुस्कन्धोदरं मूर्द्धा पाणिपादौ कटी तथा ।
पृष्ठत्वग्यकृदन्त्राणि गुरूणि हि यथोत्तरम् ।। 130 ।।

The meat of thigh, neck, stomach, head, hand, foot, lumber region, back, skin, liver and intestines of animals is progressively heavier.

[XII. 130]

[143 R.] यो राज्ञां मुखतिलकः कटारमल्ल-
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्नि
पूर्णकल्याणत्स्वरितमांसवर्गः ।। 131 ।।

Colophon

Description of the most useful group dealing with the meat of animals (*Māṃsa varga*) in *Madana vinoda* composed by the reputed King Madana having the title *Kaṭāra malla* is completed.

[XII. 131]

Thus, ends the twelfth group dealing with various types of meat (*Māṃsa varga*) in *Madanapāla nighaṇṭu.*

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CHAPTER XIII
मिश्रकवर्गः

गोपालबालैः सह मल्लविद्यां विनोददक्षं धृतकाकपक्षम् ।
उपास्महे वाङ्मनसातिदूरं महाबलं नीरदचारुनीलम्[1] ।। 1 ।।

Invocation

I offer prayer to the Almighty Blue-Krishna whose reality can not be expressed by speeches, who is far beyond the comprehension by mental perception but who during His infancy while carrying locks of hair in the head took to expertise in wrestling with the cowherd-boys out of fun.

[XIII. 1]

अनुपानवर्णनम्

वातेऽनुपानं स्निग्धोष्णं रूक्षोष्णं श्लेष्मणि स्मृतम् ।
पित्ते स्निग्धं हिमं स्नेहपाने तोयमशीतलम् ।। 2 ।।

Anupāna (Vehicle or Post-Prandial Drink)

If there is aggravation of *vayu*, *anupāna* (vehicle) which is unctuous and hot is useful; if there is aggravation of *kapha*, *anupāna* which is ununctuous and hot is useful; and if there is aggravation of *pitta*, *anupāna* which is unctuous and cold is useful. After taking fat (oil, ghee, etc.), hot water should be taken as *anupāna*.

[XIII. 2]

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1. (ख) महः परं नीलमचिन्तनीयम्

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भल्लातकस्नेहमूर्च्छाव्याप्तानां[2] शीतलं जलम् ।
शालिमुद्गादिभक्ष्याणां यूषो मांसरसस्तथा ।। 3 ।।

माषादिभोजिनां मस्तु धान्याम्लं दधि वा स्मृतम् ।
[144 V.] मद्यं शोषिविषार्त्तानामल्पाग्नीनां च शस्यते ।। 4 ।।

क्लान्तानामुपवासाध्वभारस्त्रीसुरतादिभिः ।
पयः सुधासमं प्रोक्तं क्षीणानां रक्तपित्तिनाम् ।। 5 ।।

For persons who are fainted because of the intake of the oil of *bhallātaka*, cold water is useful as *anupāna*.

After taking *śāli*, *mudga*, etc., *yūṣa* and meat soup should be used as *anupāna*.

Mastu, *dhānyāmla* or curd should be used as *anupāna* for persons taking *māṣa*, etc. *Madya* (alcohol) is useful for persons suffering from *śoṣa* (consumption), *viṣa* (poisoning) and weak power of digestion.

Milk is like an ambrosia for persons fatigued by observing fast, excessive walking, carrying heavy weight, and excessive indulgence in sexual intercourse, and who are emaciated as well as suffering from *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[XIII. 3–5]

असात्म्यं दोषलं शीतमतिमात्रमथो गुरु ।
उक्तानुपानतो भुक्तं सुखमन्नं प्रजीर्यति ।। 6 ।।

If cold *anupāna* is taken in excessive quantity, then it is unwholesome, aggravator of all the *doṣas*, and heavy. If taken according to the prescription, it helps in easy digestion of food.

[XIII. 6]

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2. (क) स्नेहव्याप्तं नात्युष्णं

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तदादौ कर्षयेत् पीतं स्थापयेन्मध्यसेवितम् ।
पश्चात् पीतं बृंहयति तत्समीक्ष्य प्रयोजयेत् ।। 7 ।।

If *anupāna* is taken before food, it causes emaciation, if taken in the middle of the food, it stabilizes the body; and if taken after food it produces nourishment. Therefore, one should administer *anupānas* keeping the above facts in view.

[XIII. 7]

न पिबेच्छ्वासकासार्शोजन्तुरोगक्षतातुरः ।
पीत्वाऽभिभाष्याध्ययननिद्रां न त्वरया भजेत् ।। 8 ।।

Anupāna should not be administered to a person suffering from *śvāsa* (dyspnoea), *kāsa* (cough), *arśas* (piles), *jantu roga* (parasitic infestation) and *kṣata* (phthisis). After taking *anupāna*, one should not resort to talking, study and sleeping immediately.

[XIII. 8]

प्रातर्जलपानगुणाः

तत्कफानिलपित्तेषु चैकद्वित्रिपलोन्मितम् ।
वारि शस्तंमुषःकाले दृष्टिकारि रसायनम् ।। 9 ।।

वलीपलितवैस्वर्यपीनसश्वासशोषिजत् ।
[145 R.] पानीयप्रसृतीरष्टौ यः पिबेदरुणोदये ।। 10 ।।

Intake of Water in the Early Morning

Persons having *kapha, vāyu* and *pitta prakṛti* (physical constitution) should take one, two and three *palas* (one *pala* = 48 ml.) of water respectively, early in the morning. It is very useful inasmuch as it rejuvenates the body and promotes eye-sight.

Intake of eight *prasṛtīs* (one *prasṛtī* = 100 ml. approx.) of water early in the morning (during sun-rise) cures *valī* (wrinkling), *palita* (premature greying of hair), *vaisvarya* (hoarseness of voice), *pīnasa* (chronic rhinitis), *śvāsa* (dyspnoea) and *śoṣa* (consumption).

[XIII. 9 –10]

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3. (क) नस्यमुषःकाले

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अन्यान्नमांसादिगुणज्ञानप्रकारः

धान्येषु मांसे सकलेषु चैवं
शाकेषु चानुक्तमिह प्रमादात् ।
स्वादादितो भूतगुणैर्गृहीत्वा
तदादिशेद् द्रव्यमनल्पबुद्धिः ।। 11 ।।

To Ascertain Attributes of Other Food Ingredients, Meat, etc.

The properties of those corns, different types of meat and vegetables which are not described in this book should be determined by a wise person on the basis of their taste, etc., and predominance of five basic elements (*pañca mahābhūtas*) in their composition.

[XIII. 11]

श्रेष्ठधान्यानि

षष्टिका यवगोधूमा लोहिता याश्च शालयः ।
मुद्गाढकीमसूराश्च धान्येषु प्रवराः स्मृताः ।। 12 ।।

Best Corns and Cereals

Ṣaṣṭika, yava, godhūma, lohita (rakta) śāli, mudga, āḍhakī and *masūra* – these are the best among the corns and cereals.

[XIII. 12]

[Verses 11–12 appear to be interpolations out of context.]

भुक्त्वाऽऽचारगुणाः

स जराव्याधिनिर्मुक्तो जीवेद्वर्षशतं सुखी ।
भुक्त्वोपविशतस्तुन्दी बलमुत्तानशायिनः[4] ।। 13 ।।

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4. (क) भुक्त्वोपविशति स्थौल्यं वलिमुत्तानशायिनम् ।

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आयुर्वामकटिस्थस्य[5] मृत्युर्धावति धावतः ।
दक्षिणे सुखमाप्नोति वामशायी भवेद् वशीः ।। 14 ।।

Regimens After Food

[One who resorts to appropriate food and regimens], lives one hundred years happily free from aging process and diseases.

If one sits after taking food, his belly becomes bulky (he becomes pot-bellied because of accumulation of fat in the stomach). If he lies (sleeps) on his back after food, then he becomes strong.

Sleeping on the left-side after taking food promotes longevity and running after food makes a person to succumb to death quickly. Sleeping on the right-side makes a person happy and sleeping on the left-side makes him self-controlled.

[XIII. 13 –14]

निद्रागुणाः

रात्रौ जागरणं रूक्षं स्निग्धं प्रस्वपनं दिवा[6] ।
दिवा निद्राकृता दृष्टिबलोत्साहबलप्रदा ।
धातुसाम्यवहा क्षीणश्रान्तानां शस्यते सदा ।। 15 ।।

निद्रा सात्मीकृता यैस्तु रात्रौ वा यदि वा दिवा[7] ।
न तेषां स्वपतां दोषो जाग्रतां चोपजायते[8] ।
भोजनान्ते कृता[9] निद्रा वातघ्नी कफपुष्टिकृत् ।। 16 ।।

कफमेदोविषार्त्तानां रात्रौ जागरणं हितम् ।
दिवास्वप्नश्च तृट्शूलहिक्काजीर्णातिसारिणः ।। 17 ।।

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5. (क) आयुर्वामकट तस्य
6. (क) स्निग्ध स्वेद प्रदीप्तम्
7. (क) निद्रासात्म्यकृता यस्तु रात्रौ वा दिवसेऽपि वा ।
8. (क) वा प्रजायते
9. (ख) भोजनानन्तर निद्रा

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Attributes of Sleep

Remaining awake at night causes ununctuousness, and sleep during day time causes unctuousness.

Sleep during day time promotes eye-sight, strength, enthusiasm and energy. It brings about equilibrium of tissue elements and is always useful for persons emaciated and fatigued.

Persons who are accustomed to sleep during the day time and remaining awake at night, such sleeping and remaining awake do not cause any harm.

Sleeping after food alleviates *vāyu*, promotes nourishment and aggravates *kapha*.

Remaining awake at night is useful for persons who have vitiation of *kapha*, excess of fat and who are suffering from *viṣa* (poisoning).

Sleeping during day time is useful for patients suffering from *tṛṭ* (morbid thirst), *śūla* (colic pain), *hikkā* (hiccup), *ajīrṇa* (indigestion) and *atisāra* (diarrhoea).

[XIII. 15 –17]

दन्तधावनगुणाः

दन्तधावनमुद्दिष्टमास्यवैशद्यकारकम् ।
प्रसेकारुचिदौर्गन्ध्यमलपित्तकफापहम् ।। 18 ।।

Danta Dhāvana (Cleaning Teeth)

Tooth-brushing or tooth-cleaning is prescribed for producing freshness (non-stickiness) in the mouth. It cures *praseka* (excessive salivation), *aruci* (anorexia), *daurgandhya* (foul smell in the mouth), *mala* (accumulation of excreta) and vitiation of *pitta* and *kapha*.

[XIII. 18]

दन्तधावननिषेधः

मदातुरः कृशः श्रान्तो दन्ततालोष्ठरोगवान् ।
हिक्काच्छर्दिशिरःपीडामूर्च्छाशोषी न तच्चरेत् ।। 19 ।।

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Prohibition for Cleaning Teeth

Cleansing of teeth is prohibited for patients suffering from alcoholism, emaciation, exhaustion, diseases of tooth, palate and lips, *hikkā* (hiccup), *chardi* (vomiting), *śiraḥ pīḍā* (headache), *mūrcchā* (fainting) and *śoṣa* (consumption).

[XIII. 19]

मुखप्रक्षालनादिगुणाः

मुखप्रक्षालनं शीतपयसा रक्तपित्तजित् ।
मुखस्य पिडिकाशोषनीलिकाव्यङ्गनाशनम् ।
पादप्रक्षालनं दृष्टिकरं वृष्यं श्रमापहम् ।। 20 ।।

Mukha Prakṣālana

Washing of face with cold water cures *rakta pitta* (a disease characterised by bleeding from different parts of the body), *piḍikā* (pimples), *śoṣa* (dryness), *nīlikā* (blue moles) and *vyaṅga* (freckles) of the face.

Washing the feet promotes eye-sight and virility, and cures *śrama* (fatigue).

[XIII. 20]

पादाभ्यङ्गगुणाः

पादाभ्यङ्गः सदा वृष्यो बलोत्साहविवर्द्धनः ।
निद्रासुखकरः सुप्तिश्रमनेत्ररुजापहः ।। 21 ।।

Pādābhyaṅga (Massage of Feet)

Massage in the feet is aphrodisiac. It promotes strength, enthusiasm, sleep and happiness. It cures *supti* (numbness), *śrama* (exhaustion) and eye-diseases.

[XIII. 21]

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गण्डूषधारणगुणाः

स्नेहगण्डूषकरणं मुखशोषद्विजामयान् ।
स्वरघातौष्ठपारुष्यरक्तवातान् विनाशयेत् ।। 22 ।।

[146 R.] सुखोष्णोदकगण्डूषः कफारुचिमलापहः ।। 23 ।।

विषमूर्च्छामदार्त्तानां शोषिणां रक्तपित्तिनाम् ।
कृपितानामलक्ष्मीणां रूक्षाणां न प्रशस्यते ।। 24 ।।

Gaṇḍūṣa Dhāraṇa (Gargling)

Gargling with *sneha* (ghee or oil) cures *mukha śoṣa* (dryness of mouth), tooth-diseases, *svaraghāta* (hoarseness of voice), *auṣṭha pāruṣya* (dryness of lips) and *rakta vāta* (vitiation of blood and *vāyu* in the mouth).

Gargling with luke-warm water cures vitiation of *kapha, aruci* (anorexia) and accumulation of excreta.

Persons suffering from *viṣa* (poisoning), *mūrcchā* (fainting), *mada* (intoxication), *śoṣa* (consumption) and *rakta pitta* (a condition characterised by bleeding from different parts of the body), who are given to anger and inauspiciousness and whose body is ununctuous should not use gargles.

[XIII. 22–24]

अंजनगुणाः

अंजनं नेत्रनैर्मल्यदृष्टिकारि रुजापहम् ।। 25 ।।

रात्रौ जागरितः श्रान्तश्छर्दितो भुक्तवांस्तथा ।
ज्वरातुरः शिरःस्नातः कदाचिन्न तदाचरेत् ।। 26 ।।

Aňjana (Use of Collyrium)

Application of collyrium cleanses eyes, promotes eye-sight and cures eye-diseases.

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A person who has remained awake at night; who is exhausted; who has been administered emetic therapy; who has taken food; who is suffering from fever and who has taken head-bath should never apply collyrium.

[XIII. 25–26]

व्यायामगुणाः

व्यायामः कर्मसामर्थ्यस्थैर्यदोषक्षयाग्निकृत् ।
स सदा गुणमाधत्ते बलिनां स्निग्धभोजिनाम् ।। 27 ।।

व्यायामदृढचित्तानां व्याधिर्नास्ति कदाचन ।
विरुद्धं वा विदग्धं वा भुक्तं शीघ्रं च पच्यते ।
भवन्ति शीघ्रं न तस्य वलीशिथिलताजराः ।। 28 ।।

वसन्ते शीतसमये सुतरां स मतो हितः ।
[146 V.] अन्यदापि स कर्त्तव्यः शक्त्यर्द्धेन बलाबलम् ।। 29 ।।

Vyāyāma (Exercise)

Physical exercise brings about ability to work, stability and alleviation of *doṣas*. It stimulates the power of digestion. Exercise is always useful for persons who are strong and who take unctuous food.

Persons who have strong *cetas* (will power) because of doing exercise never suffer from diseases. By physical exercise, ingested food which is either contradictory or indigestible gets digested immediately. A person who performs physical exercise does not suffer from premature wrinkling, looseness and aging process.

During spring and cold seasons, exercise is extremely useful. In other seasons also one may perform physical exercise upto half of its capacity after determining his strength or weakness of the body.

[XIII. 27–29]

व्यायामनिषेधः

तनुं समीक्ष्य वा स्वेदी कण्ठे ग्रीवाललाटयोः ।
भुक्तवान्कृतसंभोगः कासी श्वासी क्षयी कृशः ।। 30 ।।

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रक्तपित्ती क्षयी शोषी न तं कुर्याद्विचक्षणः ।
अतिव्यायामतः कासो ज्वरश्छर्दिश्च जायते ।। 31 ।।

Contra-Indication of Exercise

One should not resort to exercise if there is sweating in his body, in lower or upper part of his neck or in his forehead.

Exercise is contra-indicated immediately after taking food and after indulgence is sexual intercourse. A person suffering from *kāsa* (cough), *śvāsa* (dyspnoea), *kṣaya* (phthisis), emaciation, *rakta pitta* (a disease characterised by bleeding from different parts of the body) and *śoṣa* (consumption) should not perform exercise. Excessive exercise produces *kāsa* (bronchitis), *jvara* (fever) and *chardi* (vomiting).

[XIII. 30 –31]

मर्दनकेशादिकर्तनयोर्गुणाः

मर्दनं श्रमवातघ्नं निद्रापुष्टिबलप्रदम् ।
केशश्मश्रुनखानां च कल्पनं शुचिरूपकृत् ।। 32 ।।

Mardana (Kneading) and Cutting of Hair, etc.

Mardana (kneading) increases sleep, nourishment and strength, and alleviates *śrama* (exhaustion) and *vāyu*.

Cutting of hair, beard, moustaches and nail brings about beauty and cleanliness.

[XIII. 32]

तैलाभ्यङ्गगुणाः

अभ्यङ्गो वातरोगघ्नो धातुसाम्यं बलं सुखम् ।
निद्रावर्णमृदुत्वानि कुरुते दृष्टिपुष्टिकृत् ।। 33 ।।

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Tailābhyaṅga (Oil Massage)

Massage with oil brings about equilibrium of tissue elements. It promotes strength, happiness, sleep, complexion, softness, eye-sight and nourishment. It cures diseases cuased by the aggravation of *vāyu*.

[XIII. 33]

केशप्रसाधनगुणाः

केशप्रसाधनी केश्या रजोजन्तुमलापहा ।
शिरोऽभ्यङ्गः शिरस्तृप्तिकेशदाढ्यर्क्षिपुष्टिकृत् ।। 34 ।।

Hair Dressing

Combing of hair promotes hair growth and removes dust, parasites and dirt from the hair.

Massage of oil in the head produce *tṛpti* (sense of relaxation) of the head and nourishment of the eyes. It makes the hair deep-rooted.

[XIII. 34]

कर्णपूरणगुणाः

[147R.] उच्चैःश्रवणबाधिर्यमलमन्याहनुग्रहान् ।
नाशनं कर्णरोगाणां कुरुते कर्णपूरणम् ।। 35 ।।

Ear Drops

Dropping of oil in the ears cures hardness of hearing, *bādhirya* (deafness), accumulation of excreta in the ears, *manyā* (torticolis), *hanugraha* (lock-jaw) and other ear-diseases.

[XIII. 35]

स्नेहसेचनगुणाः

सिक्तस्यादिभर्यथा मूले शाखिनः पल्लवादयः ।
वर्द्धन्ते हि तथा पुंसः स्नेहसिक्तस्य धातवः ।। 36 ।।

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Sneha Secana (Sprinkling of Oil)

As sprinkling of water of the root at a tree causes the growth of stems, leaves, etc., so also sprinkling of oil over the body promotes the *dhātus* (tissue elements) of human beings.

[XIII. 36]

स्नेहावगाहनगुणाः

स्नेहावगाहनं वातशमनं धातुपुष्टिदम् ।
मात्राभिस्त्रिचतुःपंचषट्सप्ताष्टभिराव्रजेत् ।
रसरक्तमांसमेदोमज्जाधातून् यथाक्रमम्[०] ॥ 37 ॥

Snehāvagāhana (Oil-Bath)

Immersing the body in a bath-tub filled with oil promotes *dhātu* (tissue elements) and *puṣṭi* (nourishment) and alleviates *vāyu*.

Oil-bath for the duration of three, four, five, six, seven and eight *mātrās* (time spent for the utterance of one alphabet is known as one *mātrā*) promotes *rasa* (plasma), *rakta* (blood), *māṃsa* (muscle tissue), *medas* (fat tissue), *majjā* (bone-marrow) [and semen] respectively.

[XIII. 37]

स्नेहाभ्यङ्गादिवर्जनम्

वान्तो नवज्वरोऽजीर्णी विरिक्तः केवलामरुक् ।
निरूहतर्पणं यच्च स्नेहाभ्यङ्गादि वर्जयेत् ॥ 38 ॥

Contra-Indication of Oil Massage, etc.

In the beginning stage of fever, indigestion and diseases caused by exclusively *āma* (a product of improper digestion and metabolism) and after the administration of emetic as well as purgation therapeis, administration of *nirūhaṇa* (a type of enema), *tarpaṇa* (refreshing therapy) and *snehābhyaṅga* (massage with oil) is contra-indicated.

[XIII. 38]

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०. (क) रसासृङ्मांसमेदोऽस्थिमज्जशुक्रं यथाक्रमम् ।

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उद्वर्त्तनगुणाः

उद्वर्त्तनं वातहरं श्लाजकानिलदीपनम् ।
गात्रस्थिरत्वसुखितात्वक्प्रसादमृदुत्वकृत् ॥ 39 ॥

Udvartana (Unction)

Unction alleviates *vāta*, and promotes complexion, power of digestion, stability of the body, happiness and cleanliness as well as sofness of the skin.

[XIII. 39]

स्नानादिगुणाः

[147V.] स्नानं वातश्रमालक्ष्मीपामाकण्डूमलापहम् ।
हृद्यं कासहरं वह्निसर्वेन्द्रियविबोधनम् ॥ 40 ॥

न तदुष्णेन शिरसो योज्यं नेत्राहितं यतः ।
कफवातप्रकोपे तु भेषजार्थं[11] तदाचरेत् ॥ 41 ॥

Bathing, etc.

Action : Digestive stimulant.

Specific action : Cardiac tonic, promoter of senses and alleviator of *vāyu*.

Therapeutic usage : Cures *śrama* (exhaustion), *alakṣmī* (inauspiciousness), *pāmā*, *kaṇḍū* (itching), *mala* (accumulation of excreta) and *kāsa* (bronchitis).

One should not use hot water for washing the head, because it is harmful for the eyes. However, head-bath with warm-water is permitted as a therapeutic measure for diseases caused by the vitiation of *kapha* and *vāyu*.

[XIII. 40 – 41]

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11. (क) भोजनार्थं

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स्नाननिषेधः

तच्चातिसारज्वरितकर्णशूलानिलार्तिषु ।
आध्मानारोचकाजीर्णभुक्तवत्सु च गर्हितम् ।। 42 ।।

Contra-Indication of Bathing

Bathing is contra-indicated in *atisāra* (diarrhoea), *jvara* (fever), *karṇa śūla* (carache), diseases caused by the vitiation of *vāyu*, *ādhmāna* (flatulence), *arocaka* (arorexia) and *ajīrṇa* (indigestion). It is also prohibited immediately after taking food.

[XIII. 42]

चन्दनलेपनादिगुणाः

अनुलेपस्तृषामूर्च्छादौर्गन्ध्यश्रमवातजित् ।
सौभाग्यतेजस्त्वग्वर्णप्रीत्योजोबलवर्द्धनम् ।। 43 ।।

Candana Lepana (Application of Sandal-Wood-Paste)

Specific action : Promotes *saubhāgya* (auspiciousness), *tejas* (energy), complexing of the skin, charm, *ojas* (vital fluid) and strength, and alleviates *vāyu.*

Therapeutic usage : Cures *tṛṣā* (morbid thirst), *mūrcchā* (fainting), *daurgandhya* (foul smell of the body) and *śrama* (fatigue).

[XIII. 43]

पुष्परत्नादिधारणगुणाः

कुसुमाम्बररत्नानां धारणं कान्तिकारणम् ।
पापरक्षोग्रहहरं कामौजःश्रीविवर्द्धनम् ।
पादत्रधारणं नेत्र्यमायुष्यं पादरोगनुत् ।। 44 ।।

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Use of Flowers, Gems, etc.

Specific action : Wearing of flowers, apparel and gems produces good complexion, sex desire, *ojas* (vital fluid) and *śrī* (auspiciousness).

Therapeutic usage : Counteracts the effects of sinful acts, *rakṣas* (afflictions by evil spirits) and *graha* (afflictions by evil planets).

Use of Footwear

Use of footwear is conducive to eye-sight and longevity. It protects the feet from the attack of diseases.

[XIII. 44]

उष्णीषगुणाः

उष्णीषं शुचिदं केश्यं रजोवातातपहम् ।। 45 ।।

Wearing of Uṣnīṣa (Turban)

Wearing of *uṣnīṣa* (turban) endowes the person with purity, and promotes the growth of hair. It protects the person from the exposure of dust, wind and sun rays.

[XIII. 45]

छत्रव्यजनगुणाः

[148 R.] छत्रधारणमोजस्यं चक्षुष्यं हिमघर्मजित् ।
बालव्यजनमोजस्यं मक्षिकादिनिवारणम् ।
व्यजनस्यानिलः शोषमूर्च्छास्वेदश्रमापहः ।। 46 ।।

चतुर्गुणाः

Use of Umbrella and Fan

Use of umbrella is conducive to *ojas* (vital fluid), and eye-sight. It protects from rain, cold and heat of sun rays.

Fanning with tender fan promotes *ojas* (vital fluid) and removes flies, etc. Wind blown with fan cures *śoṣa* (consumption), *mūrcchā* (fainting), *sveda* (excessive sweating) and *śrama* (exhaustion).

[XIII. 46]

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यष्टिधारणगुणाः

यष्टिधारणमुत्साहस्थैर्यावष्टम्भवीर्यकृत् ।
रक्षःसर्पादिभयजिद्विशेषात्स्थविरे हितम् ।। 47 ।।

यष्टिधारणमुद्दिष्टं गण्डार्बुदक्रिमीन् जयेत् ।। 48 ।।

Yaṣṭi Dhāraṇa (Holding of Stick)

Holding the stick produces enthusiasm, stability and *vīrya* (potency). It works like a support and protects a person from the fear of *rakṣas* (evil spirit) and snakes. It is specially, useful in old age.

Holding of stick cures *gaṇḍa* (cervical adenitis), *arbuda* (abscess) and *kṛmi* (parasitic infestation). [This appears to be an inappropriate interpolation].

[XIII. 47– 48]

चंक्रमणगुणाः

अङ्गास्थौल्यरुचिश्लेष्मसौकुमार्यसुखप्रदम् ।
यत्तु चंक्रमणं नातिदेहपीडाकरं भवेत् ।
तदायुर्बलमेधाग्निप्रदमिन्द्रियबोधनम् ।। 49 ।।

Caṅkramaṇa or Walking

Walking reduces adiposity and promotes appetite, *kapha*, softness and happiness.

Walking, not exceeding the capacity of the body, promotes longevity, strength, intellect, power of digestion and activeness of the senses.

[XIII. 49]

शय्यादिगुणाः

त्रिदोषशमनी शय्या तौली वातकफापहा ।
सुखशय्यासमं निद्रापुष्टीन्द्रियबलप्रदा ।। 50 ।।

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Bedding

Bed alleviates all the three *doṣas*. Bed cover alleviates *vāyu* and *kapha*. Comfortable bed promotes sleep, nourishment and strength of the senses.

[XIII. 50]

आतपादिगुणाः

आतपः स्वेदमूर्च्छास्रतृष्णादाहश्रमक्लमान् ।
[148V.] कुरुते पित्तवैवर्ण्यस्वेदान् छाया व्यपोहति ।। 51 ।।

Heat of Sun, etc.

Heat of sun produces *sveda* (excessive sweating), *mūrcchā* (fainting), *asra* (vitiation of blood), *tṛṣṇā* (morbid thirst), *dāha* (burning sensation), *śrama* (physical fatigue) and *klama* (mental fatigue).

Shade cures the aggravated *pitta*, *vaivarṇya* (discoloration) and *sveda* (excessive sweating).

[XIII. 51]

अग्नितापगुणाः

अग्निः शीतानिलस्तम्भकफवेपथुनाशनः ।
रक्तपित्तप्रदूषी स्यादामाभिष्यन्दपाचनः ।। 52 ।।

Heat of Fire

Fire reduces feeling of cold, aggravation of *vāyu* and *kapha*, *stambha* (rigidity) and *vepathu* (trembling). It causes *rakta pitta* (a disease characterised by bleeding from different parts of the body). It casues the *āma-abhiṣyanda* (first stage of conjunctivitis) to get matured early.

[XIII. 52]

धूमादिगुणाः

धूमः पित्तानिलौ कुर्यादवश्यायः कफानिलौ ।
ज्योत्स्ना शीतानिलस्तम्भप्रदा तृट्पित्तदाहजित् ।। 53 ।।

तमो भयावहं मोहकफपित्तक्लमप्रदम् ।
वृष्टिर्वृष्या हिमा निद्राभिष्यन्दालस्यकारिणी ।। 54 ।।

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Smoke, etc.

Smoke

It aggravates *pitta* and *vāyu*.

Avaśyāya (Dew)

It aggravates *kapha* and *vāyu*.

Jyotsnā (Moon - Light)

It produces coldness, *vāyu* and *stambha* (stiffness) and cures *tṛṭ* (morbid thirst), *dāha* (burning syndrome) and vitiation of *pitta*.

Tamas (Darkness)

It produces fear, *moha* (unconsciousness), aggravation of *kapha*, *pitta* and *klama* (mental fatigue).

Vṛṣṭi (Rain)

It is cooling and aphrodisiac.

Nidrā (Sleep)

It causes *abhiṣyanda* (obstruction to the channels of circulation) and laziness.

[XIII. 53 –54]

प्रवातादिगुणाः

प्रवातं रूक्षवैवर्ण्यस्तम्भकृद्दाहपित्तनुत् ।
स्वेदमूर्च्छापिपासाघ्नमप्रवातमतोऽन्यथा ।। 55 ।।

सुखं प्रवातं सेवेत ग्रीष्मे शरदि चान्तरा ।
निवातमायुषे सेव्यमारोग्याय च सर्वदा ।। 56 ।।

Pravāta

It causes ununctuousness, *vaivarṇya* (discoloration of the skin) and *stambha* (stiffness) and alleviates *pitta*. It cures *dāha* (burning sensation), *sveda* (excessive sweating), *mūrcchā* (fainting) and *pipāsā* (morbid thirst).

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During summer and autumn, one should expose himself pleasing breeze. In other seasons, for the sake of health and longevity, one should reside in a place free from wind.

[XIII. 55–56]

सद्यःप्राणदाः

सद्योमांसं नवं चान्नं बालास्त्री क्षीरभोजनम् ।
घृतमुष्णोदकस्नानं सद्यःप्राणकराणि षट् ।। 57 ।।

Instamt Life-Giving

Following six factors are the instantaneous promoters of life:

i) Intake of fresh meat;

ii) Freshly harvested *anna* (corns);

iii) Indulgence in sexual intercourse with the lady of young age;

iv) Intake of milk;

v) Intake of ghee; and

vi) Bath with warm water.

[XIII. 57]

सद्यःप्राणहराः

पूतिमांसं स्त्रियो वृद्धा बालार्कस्तरुणं दधि ।
प्रभाते मैथुनं निद्रा सद्यःप्राणहराणि षट् ।। 58 ।।

Destroyers of Life

Following six factors are the instantaneous destroyers of life :

i) Intake of putrid meat;

ii) Indulgence in sexual intercourse with old lady;

iii) Exposure to rising sun.

iv) Intake of premature (not well fermented) curd; and

v) Sexual intercourse during the early hours of the morning; and

vi) Sleep during the early hours of the morning.

[XIII. 58]

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अन्नादिगुणाः

अन्नादष्टगुणं पिष्टं पिष्टादष्टगुणं पयः ।
पयसोऽष्टगुणं मांसं मांसादष्टगुणं घृतम् ।
[149R.] घृतादष्टगुणं तैलमभ्यङ्गे न तु भोजने ।। 59 ।।

Food, etc.

Piṣṭa (pastry) is eight-times more useful than rice, milk is eight-times more useful than pastry, meat is eight-times more useful than milk, *ghṛta* (ghee) is eight-times more useful than meat and massage with oil is (not food) eight-times more useful than ghee.

[XIII. 59]

लंघनगुणाः

लंघनं कफमेदोघ्नमामज्वरहरं लघु ।
पाचनं दीपनं वातहरं शूलातिसारजित् ।। 60 ।।

तन्न युक्तं नवे बाले गर्भिण्यां स्थविरे कृशे ।
शोषकामभयक्रोधमार्गश्रमचिरज्वरे ।। 61 ।।

Laṅghana (Fasting Therapy)

Attribute : Light.

Action : Digestive stimulant and carminative.

Specific action : Alleviates *kapha* and *vāyu.*

Therapeutic usage : Reduces *medas* (fat) and cures *āma jvara* (first stage of fever), *śūla* (colic pain) and *atisāra* (diarrhoea).

Fasting therapy should not be administered to new born infants, pregnant lady, old and emaciated persons, patients suffering from *śoṣa* (consumption), *śrama* (exhaustion caused by excessive walking) and *cira jvara* (chronic fever) and for those who are in the grip of passion, fear and anger.

[XIII. 60 –61]

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पूर्वादिपवनगुणाः

पूर्वानिलो गुरुस्वादुः स्निग्धः पित्तास्रवर्द्धनः ।
रोगकृद्विषजुष्टानां क्षतव्रणविलासिनाम् ।
विदाही वातलः श्रान्तकफशोफवतां हितः ।। 62 ।।

Wind Blowing From Eastern Direction

Taste : Sweet.

Attributes : Heavy and unctuous.

Specific action : Alleviates *kapha*.

Therapeutic usage : Cures physical fatigue and oedema.

Note : i) It is harmful for persons suffering from *viṣa* (poisoning), *kṣata* (injury) and *vraṇa* (ulceration).

ii) It produces diseases.

iii) It causes burning sensation.

iv) It aggravates *vāyu*.

[XIII. 62]

दक्षिणः पवनः स्वादू रक्तपित्तहरो लघुः ।
अविदाहप्रदो बल्यश्चक्षुष्यो न च वातलः ।। 63 ।।

Wind Blowing From South Direction

Taste : Sweet.

Attribute : Light.

Specific action : Promotes strength and eye-sight.

Therapeutic usage : Cures *rakta pitta* (a disease characterised by bleeding from different parts of body).

Note : i) It does not cause burning sensation.

ii) It does not vitiate *vāyu*.

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पश्चिमः पवनो रूक्षस्तीक्ष्णः स्नेहबलापहः ।
[149V.] विशदः शोषणो नृणां[12] कफमेदोहरो लघुः ।। 64 ।।

Wind Blowing From Western Direction

Attributes : Light, ununctuous, sharp and non-slimy.

Specific action : Alleviates *kapha.*

Therapeutic usage : Reduces *medas* (adiposity).

Note : i) It reduces unctuousness and strength.

ii) It is *śoṣaṇa* (which causes emaciation).

[XIII. 64]

उत्तरो मारुतः शीतः स्निग्धो दोषप्रकोपकृत्[13] ।
क्लेदनः प्रकृतिस्थानां बलदो मधुरो मृदुः ।
क्षयक्षीणविषार्त्तानां विशेषाद् गुणकारकः ।। 65 ।।

Wind Coming From Northern Direction

Taste : Sweet.

Attributes : Unctuous and soft.

Specific action : Strength promoting for healthy person.

Note : i) This type of wind causes stickiness.

ii) It is specially beneficial for the persons suffering from emaciation caused by phthisis and poisoning.

iii) It causes the vitiation of *doṣas.*

[XIII. 65]

मधुररसगुणाः

रसो मधुरकः शीतो धातुस्तन्यबलप्रदः ।
चक्षुष्यो वातपित्तघ्नः कुर्यात्स्थौल्यकफक्रिमीन् ।
सोऽतियुक्तो ज्वरश्वासगलगण्डार्बुदादिकृत् ।। 66 ।।

12. (क) बल्यं 13. (क) दोषत्रयापहः

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Attributes of Sweet Taste

Potency : Cold.

Specific action : Promotes *dhātu* (tissue elements), *stanya* (lactation), strength and eye-sight and alleviates *vāyu* and *pitta*.

Note : i) It causes *sthaulya* (obesity) and *krimi* (parasites).

ii) It vitiates *kapha*.

When used in excess, it causes *jvara* (fever), *śvāsa* (dyspnoea), *gala gaṇḍa* (goitre) and *arbuda* (tumour), etc.

[XIII. 66]

अम्लरसगुणाः

रसोऽम्लः पाचनो रुच्यः पित्तश्लेष्मकरो लघुः ।
लेखनोष्णो बंहिः शीतः क्लमदः पवनापहः ।
सोऽतियुक्तः परं देहे रक्तपित्तादिरोगकृत् ।। 67 ।।

Attributes of Sour Taste

Attribute : Light.

Action : Carminative.

Potency : Hot.

Specific action : Depleting, appetiser, promoter of stickness and alleviator of *vāyu*.

Note : i) It is cold from outside.

ii) It aggravates *pitta* and *kapha*.

When used in excess, it produces diseases like *rakta pitta* (a disease characterised by bleeding from different parts of the body).

[XIII. 67]

कटुरसगुणाः

[150R.] कटुकः पित्तलः श्लेष्मकृमिकण्डूविषापहः ।
आग्नेयो वातलः स्तन्यमेदस्थौल्यहरोऽगुरुः ।
सोऽतियुक्तो भ्रमास्थौल्यतालुशोषातिदाहदः ।। 68 ।।

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14. (क) लेखनः पाचनो वल्यः कफपित्तविनाशनः ।

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Attributes of Pungent Taste

Attribute : Light.

Potency : Hot.

Specific action : Alleviates *kapha*.

Therapeutic usage : Cures *kṛmi* (parasitic infestation) *kaṇḍū* (itching) and *viṣa* (poisoning) and reduces *medas* (fat) as well as *sthaulya* (adiposity).

Note : i) It reduces lactation.

ii) It aggravates *pitta* and *vāyu*.

iii) It has the properties of *agni* (fire).

When used in excess, it causes *bhrama* (giddiness), *sthaulya* (obesity), *tālu śoṣa* (dryness of palate) and *atidāha* (excessive burning sensation).

[XIII. 68]

तिक्तरसगुणाः

तिक्तः शीतस्तृषामूर्च्छाज्वरपित्तकफांजयेत् ।
वातलोऽग्निकरः स्तन्यशोधनः शोषणो लघु[15]ः ।
सोऽतियुक्तः शिरःशूलमन्यास्तम्भभ्रमार्तिकृत् ।। 69 ।।

Attributes of Bitter Taste

Attribute : Light.

Potency : Cold.

Action : Digestive stimulant.

Specific action : Cleanses lactation and alleviates *pitta* and *kapha*.

Therapeutic usage : Cures *tṛṣā* (morbid thirst), *mūrcchā* (fainting) and *jvara* (fever).

Note : i) It causes dryness (*śoṣaṇa*).

ii) It is aggravator of *vāyu*.

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15. (क) गुरुः

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When used in excess, it causes *śiraḥ śūla* (headache), *manyā stambha* (torticolis), *bhrama* (giddiness) and *arti* (pain).

[XIII. 69]

लवणरसगुणाः

लवणः शोधनो रुच्यः पाचनः कफपित्तदः ।
पुंस्त्ववातहरो ज्ञेयः कायशैथिल्यकारकः ।
सोऽतियुक्तोऽक्षिपाकास्रपित्तकोष्ठाक्षितापकृत ।। 70 ।।

Attributes of Saline Taste

Action : Carminative.

Specific action : Cleansing, appetiser and alleviator of *vāyu.*

Note : i) It reduces *puṃstva* (virility).

ii) It causes the *śaithilya* (slothfulness) of the body.

iii) It aggravates *kapha* and *pitta.*

When used in excess, it causes *akṣipāka* (conjunctivitis), *asra pitta* (a disease characterised by bleeding from different parts of the body) and burning sensation in *koṣṭha* (gastro-intestinal tract) and diseases of *akṣi* (eyes).

[XIII. 70]

कषायरसगुणाः

कषायो रोपणो ग्राही शोषणो वातकोपनः ।
सोऽतियुक्तो ग्रहाध्मानहृत्पीडाक्षेपणादिकृत ।। 71 ।।

Attributes of Astringent Taste

Specific action : Constipative, healing and drying.

Note : It aggravates *vāyu.*

When used in excess, it causes *graha* (obstruction), *ādhmāna* (flatulence), *hṛtpīḍā* (cardiac pain) and *ākṣepaṇa* (convulsion).

[XIII. 71]

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वमनविरेचनादिगुणाः

वमनं श्लेष्मपित्तघ्नं विरेको रक्तपित्तहा ।
बस्तिर्वातहरा ज्ञेया स्वेदो मांद्याद्यकारकाः ।। 72 ।।

Attributes of Vamana (Emetic Therapy) and Virecana (Purgative Therapy), etc.

Emetic therapy alleviates *kapha* and *pitta*. Purgation therapy cures *rakta pitta* (a disease characterised by bleeding from different parts of the body). *Basti* (enema) alleviates *vāyu*. *Sveda* (fomentation therapy) prevents sluggishness of the body.

[XIII. 72]

प्रसन्नदृष्टिर्दृढदन्तकेशः शशाङ्कवक्त्रः पलितैर्विहीनः ।
पिकाभकण्ठः कमलास्यगन्धस्तस्योपसेवी भवतीह मर्त्यः ।। 73 ।।

By the administration of emetic therapy, eye-sight becomes clear, tooth and hair become strong, face becomes like moon, hair becomes free from premature greying, voice becomes sweet like that of Koel-bird and mouth becomes full of the fragrance of lotus.

[XIII. 73]

कासोपलेपः स्वरभेदनिद्रा तथाऽऽस्यदौर्गन्ध्यविषोपसंगः । [150V.]
कफप्रसेको ग्रहणीप्रदोषा भवन्ति जन्तोर्वमिते न नूनम् ।। 74 ।।

Administration of emetic therapy prevents occurrence of *kāsa* (cough), *upalepa* (adhesion of *kapha*), *svara bheda* (hoarseness of voice), *nidrā* (excessive sleep), *āsya daurgandhya* (foul smell in the mouth), *viṣopasaṅga* (ailments caused by poisoning), *kapha praseka* (excessive salivation) and *grahaṇī pradoṣa* (sprue syndrome).

[XIII. 74]

बुद्धेः प्रसादं बलमिन्द्रियाणां धातुस्थिरत्वं बलमग्निदीप्तिम् ।
चिराच्च पाकं वयसः करोति विरेचनं सम्यगुपास्यमानम् ।। 75 ।।

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By the proper administration of purgation therapy, intellect becomes clear, senses become strong and *dhātus* (tissue elements) remain in their equilibrium state. It promotes stength and power of digestion. By purgation therapy, a person will not be attacked by premature aging process.

[XIII. 75]

बस्तिकर्मगुणाः

बस्तिवति च पित्ते च कफे रक्ते च शस्यते ।
संसर्गे सन्निपाते च बस्तिरेव हितः सदा ।। 76 ।।

Basti (Medicated Enema)

Administration of *basti* (medicated enema) is always useful in ailments caused by the vitiation of *vāyu, pitta, kapha* and blood, individually, by *saṃsarga* (when two of these elements or *doṣas* are simultaneously vitiated) and by *sannipāta* (simultaneous vitiation of all the three *doṣas*, viz., *vāyu, pitta* and *kapha*).

[XIII. 76]

मूले निषिक्ते हि यथा द्रुमः स्यान्नालच्छदः कोमलपल्लवाग्रः ।
काले बृहत्पुष्पफलप्रदश्च तथा नरः स्यादनुवासनेन ।। 77 ।।

As sprinkling water at the root, makes a tree full of stems, leaves and tender leaves and produces flowers and fruits in appropriate time, similarly, a person becomes healthy and strong by the administration of *anuvāsana basti* (a type of medicated eneme).

[XIII. 77]

रक्तमोक्षगुणाः

त्वग्दोषा ग्रन्थयः शोफा रोगाः शोणितसम्भवाः ।
रक्तमोक्षणशीलानां न भवन्ति कदाचन ।। 78 ।।

Attributes of Blood-Letting Therapy

By the administration of blood-letting therapy, person becomes free form *tvag doṣas* (skin diseases), *granthis* (enlargement of glands), *śopha* (oedema) and diseases caused by the vitiation of blood.

[XIII. 78]

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वर्षासु पथ्यसेवनम्

संहर्षात्कुपिता भवन्ति हि मला वर्षासु वातादयः
क्लिन्नत्वाद्वपुषोऽनले कृशतरे वैद्येन देयं ततः ।
अन्नं दीपनपाचनं च मलहृत् क्लेदापहोष्णद्रवम्
रूक्षं नातिकषायतिक्तकटुकं स्निग्धं च किंचिद्रसैः ।। 79 ।।

दिव्यं चौण्ड्यमथाम्बु तप्तशिशिरं सक्षौद्रमल्पं पिबेद्
गच्छन्त्योषधयो विदाहमधिकं तारुण्ययोगात्तदा ।
व्यायामार्कमरीचिमैथुनसुखावश्यायवर्जे ततो
भूवाष्पाम्बुभुजङ्गदंशमशकैर्वर्जे शयीतालये ।। 80 ।।

Dietetics and Regimens for Rainy Season

During rainy season, *doṣas* or *malas*, like *vāyu*, etc., get aggravated because of excitation and the power of digestion becomes less comparatively because of moisture in the earth. Therefore, the physician should prescribe such food as is digestive stimulant, carminative, alleviator of *malas* (excreta, *vāyu*, etc.) and *kleda* (stickiness), hot in potency, ununctuous, not having astringent, bitter and pungent tastes in their excess and which is slightly unctuous.

During this season, one should take pure rain water or water from *caunḍa* (big well not having a boundary wall), boiled and cooled mixed with a little honey. Because of the tenderness (young age), herbs cause burning sensation in excess. One should avoid physical exercise, exposure to sun-rays, sexual intercourse, day sleep and exposure to dew. He should sleep in a room free from heat that comes out of the earth, water, snake, *daṁśa* (insects) and mosquitos.

[XIII. 79 –80]

शीतकाले पथ्यम्

शीते यत्र न वातवृष्टिरधिका साङ्गारयाने[16] गृहे
निर्वाते क्षितिपः शयीत मधुरं किंचिच्च पीत्वाऽऽसवम् । [151V.]
काश्मीरागुरुलेपभूषिततनुर्नागाङ्गनाभिर्व्रजे –
द्यत्नाच्च व्यजना[17]वगाहनरतिं स्वापं दिवा च त्यजेत् ।। 81 ।।

16. (क) शृङ्गारयाने 17. (क) विजला

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Dietetics and Regimens for Cold Season

In cold season, the king (a person) should sleep after taking *āsava* (alcoholic drink) slightly sweet in taste, in a room which is not exposed to excess of wind and rain, and heated with charcoals. He should besmear his body with the paste of *keśara* and *aguru* and indulge in sexual intercourse with healthy and beautiful ladies with strong passion.

One should carefully avoid use of fans and sexual intercourse as well as sleep during the day time. [This appears to be an interpolation.]

[XIII. 81]

शरदृतुकृत्यम्

सेव्याः स्वादुकषायतिक्तविशदाऽवर्षे त्येज्जांगलम्
द्राक्षाक्षीरसितेक्षुशालिमधुरा गोधूममुद्गाः पयः ।
नैर्मल्यादखिलं जलं लघुतरं वासः स्रजश्चन्दनम्
सेवेतेन्दुकरान् प्रदोषसमये गाहेत साब्जं सरः ।। 82 ।।

वर्षासूपचितं विरेचविधिना पित्तं हरेद् बुद्धिमान्
युक्तं रक्तविमोक्षणेन हविषस्तिक्तस्य पानं तथा ।
रात्रौ जागरणं व्यवायमधिकं घर्मं तुषारं दधि-
क्षाराम्लोष्णविदाहितीक्ष्ण[18]कटुकं निद्रां दिवा च त्यजेत् ।। 83 ।।[152R.]

Dietetics and Regimens for Autumn

During autumn, one should take food having sweet, astringent and bitter tastes and food which is non-slimy. He should avoid the meat of animals dwelling in arid zone and take *drākṣā*, milk, *sitā* (crystal sugar), *ikṣu* (sugar-cane), *śāli* rice, sweet things, wheat and *mudga*. Because of cleanliness, all types of water become lighter, and can be consumed in this season. He should wear clean clothes, garlands and should besmear his body with the paste of sandal wood. In the evening, one should expose himself to moon-rays and take bath in a lotus pond.

In this autumn season, *pitta* which is accumulated in the body during the rainy season should be eliminated by the administration of purgation

18. (क) ०विदाहितिक्तं कटुकं

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therapy (*virecana*). Administration of blood-letting therapy is also useful. One should take ghee prepared by boiling with the drugs having bitter taste. He should avoid remaining awake at night, excessive indulgence in sex, exposure to sun-rays and dew, intake of curd, *kṣāra* (alkaline), sour, hot, *vidāhī* (which cause burning sensation), *tīkṣṇa* (sharp) and *kaṭuka* (pungent) things and day sleep.

[XIII. 82–83]

हेमन्तशिशिरयोः कृत्यम्

हेमन्ते लवणाम्लतिक्तकटुकक्षारोत्कटं बृंहणम्
सर्पिस्तैलसमेतमुष्णमशनं तीक्ष्णानि पानानि च ।
सेवेतागुरुरूषिताम्बशिशिरं गाहेत तैलप्लुतः
कौशेयास्तरणे शयीत शयने साङ्गारयाने गृहे ।। 84 ।।

श्यामां पीनपयोधरोरुजघनामाश्लिष्य धन्योऽङ्गनाम्
बाह्लीकागुरुलेपभूषिततनुं धूपैर्वरैर्धूपितम् ।
कामं मैथुनमप्यतर्पितवपुः सेवेत बल्यै रसैः
कर्त्तव्यः शिशिरेऽयमेव नितरां शीताधिकत्वाद्विधिः ।। 85 ।।

Dietetics and Regimens for Winter

During *hemanta* (beginning of winter), one should take predominantly sour, bitter, pungenet and alkaline ingredients, nourishing and hot food along with ghee and oil, and strong alcoholic drinks. He should besmear his body with the paste of *aguru* and take bath with hot water after the application of oil. He should sleep on a bed well covered with silken clothes in a room heated with charcoals.

One should embrace a *śyāmā* type of woman (whose body is hot in winter and cold in summer) with her plumpy breasts, and with her body besmeared with the paste of *bāhlīka* or *kesara* and *aguru* as well as fumigated with inscence. One may indulge in sexual intercourse as he desires during this season. He should take meat-soup which promotes the strength of the body.

In *śiśira* (later part of winter), the entire prescription for *hemanta* (early part of winter) should he followed, because both the seasons are almost similar in nature with the only difference that former is more cold.

[XIII. 84 – 85]

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वसन्ते पथ्यम्

तीक्ष्णक्षारकषायरूक्षकटुकं कोष्णं वसन्तेऽशनम्
सन्मन्थं मधुमुद्गजाङ्गलयवप्रायं हितं वाऽऽसवम् ।
व्यायामं विपिनं च कोकिलकलालापाकुलं कामिनी-
स्नानोद्वर्त्तनचन्दनानि नृपतिः सेवेत रम्याः स्रजः ।। 86 ।।

हेमन्ते निचितः प्रकुप्यति कफो भानोः करैरावृत-
स्तस्मात्तीक्ष्णशिरोविरेकवमनैर्गण्डूषधूपादिभिः ।
तं प्रज्ञो विजयेत विश्वजलदक्वाथैरथोष्णाम्बुभिः
शीतस्निग्धगुरुद्रवाम्लमधुरं निद्रां दिवा च त्यजेत् ।। 87 ।।

Dietetics and Regimens for Spring

During spring, one should take sharp, alkaline, ununctuous, astringent, pungent and luke-warm food. Intake of *mantha,* honey, *mudga,* the meat of animals dwelling in arid areas, barley and *āsava* type of alcoholic drink is useful. One should resort to exercise, walk in garden resounded with the koojing sound of Koel birds, indulgence in sexual intercourse, unction, application of *candana* (sandal-wood) paste and beautiful garlands during the spring.

Kapha accumulated during *hemanta* (early winter) is liquified by the heat of the sun-rays and gets aggravated in the spring. So one should alleviate *kapha* by the administration of sharp type of *śiro virecana* (elimination of the *doṣas* from the head by inhalation therapy), *vamana* (emetic therapy), *gaṇḍūṣa* (gargling) and *dhūpa* (fumigation therapy) and by the intake of the decoction prepared of *śuṇṭhī* and *jalada* as well as hot water. One should avoid cold, unctuous and heavy drinks, sour and sweet things and day sleep.

[XIII. 86 –87]

ग्रीष्मकृत्यम्

ग्रीष्मे शीतगृहान्सरांसि सरितो वापीर्वनानि स्रजो
हारांछीतलतालवृन्तपवनान्सेवेत निद्रां दिवा । [153R.]
वासांस्यच्छलघून्यनुष्णमधुरं चान्नं ससर्पिर्द्रवम्
मन्थक्षीरसुपानकानि च सितादिग्धानि शीतान्यपि ।। 88 ।।

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शुभ्रे हर्म्यतले शयीत शयने प्रत्यग्रपुष्पांचिते
वातैश्चन्दनचन्द्रचर्चिततनुः संस्पृश्यमानः सुखैः ।
व्यायामं परिशोषि मैथुनरतिं घर्मं तथोष्णं रसा–
नाग्नेयान्परितस्त्यजेन्मतिमतो वैद्यस्य वाक्ये रत[19]: ।। 89 ।।

Dietetics and Regimens for Summer

During the summer, one should reside in a cool-house, walk near ponds, rivers and small ponds, dwell in forests and use garlands of flowers and necklaces of gems and jewels. He should get himself fanned by the cold-wind of a fan prepared of the leaves of *tāla* tree and should sleep during the day time. One should wear clean and light apparel, take cold and sweet food mixed with ghee and liquids (soups and juices), *mantha* (thin gruel), milk and delicious syrups mixed with sugar as well as other cooling agents.

During summer season, one should sleep on a bed spread on the roof of a mansion which is surrounded by flowers and is breathy; one should anoint his body with the paste of sandal-wood and camphor, and have pleasure of mind; one should avoid exercise, exhaustion, sexual intercourse, exposure to the hot sun and food as well as drinks having heating effect.

One should always follow the instructions of a wise physician.

[XIII. 88 – 89]

ग्रन्थकर्तृप्रशस्तिः

टीकान्वये महति भूमिभुजां विशुद्धे
काछेति[20] नाम नगरं जगति[21] प्रसिद्धम् ।
यद्धेघसा विहितमादरतः स्वसृष्टे–
रुत्कृष्टतातिशयपुंजदिदृक्षयैव ।। 90 ।।

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19. (क) पुस्तके लिपिकाप्रमादात् पुष्पिकाऽत्र लिखितम् :
यो राज्ञां मुखतिलकः कटारमल्ल–
स्तेन श्रीमदनभूपेण निर्मितोऽत्र ।
ग्रन्थेऽभून्मदनविनोदनाम्ना [153V.]
पूर्णो वर्गोऽयं मिश्रगुणमिश्रकोऽयम् ।।
द्रष्टव्यम् : अस्मिन् अध्यायान्ते श्लोकः 98 ।

20. (क) कीचेति, (ख) काठेरि 21. (ख) जयति

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Information on the Geneology of the Author

In the reputed lineage of *Ṭīkā*, which was ruled by the Kings of pure conduct, there was the world famous city called *Kāchā* (*Kāṭheri* or *Kāṣṭhā*). It is as if this city was created by Lord Brahma during the process of his creation with great care in order to see Himself the aggregate of His par-excellence creative endeavours.

[XIII. 90]

तत्र श्रीरत्नपालः समजनि जनतानन्दवृन्दैककन्दः
कुन्देन्दुस्वच्छकीर्तिः परमददलनोद्दानदीक्षैकदक्षः ।
यस्याकर्ण्य प्रभूतं प्रथितगुणगणं कर्णसाफल्यभाजो[22]
दैवं निन्दन्ति लोका नयनविफलताखेदमावेदयन्तः ॥ 91 ॥

In this lineage and in this city, the King Ratnapāla took birth. He was the centre of happiness for his subjects and he was endowed with pure fame unspotted like the white *kunda* -flower and moon. He was initiated in and was an expert in anihilating the ego of his enemies. Hearing of his multifarious good qualities, the gods themselves felt fulfilled in their ears and blamed their fate for the misfortune of getting pain in their eyes because of their inability to personally witness the achievements of this King.

[XIII. 91]

जननयनसुधांशुस्तस्य शुद्धस्तनूजो
जगति भरणपालः क्षोणिपालो बभूव ।
सकलसकलवांछासिद्धिहेतोर्विधाता
सुरतरुमपि चक्रे यत्करच्छद्मनैव ॥ 92 ॥

The King Ratnapāla was like a moon for his subjects. His son Bharaṇapāla, having purity of conduct, thereafter, became the King whose hands were like a *kalpa vṛkṣa* (celestial wish-fulfilling tree) as if it was created by Lord Brahma in order to fulfil the various desires of all the people in this world.

[XIII. 92]

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22. (क) कर्णसाफल्यमानो

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हरिश्चन्द्रस्तस्मात् समजनि जनानन्दजननो
हरिश्चन्द्रो लोके परपुरुपरीतापदलनः ।
परं विश्वामित्रेष्वहितमयमाधत्त मतिमान्
विशिष्टो नैतस्माज्जगति महितोऽन्यः सुकृतिनः ।। 93 ।।

From Bharaṇapāla, Hariścandra took birth. He was the cause of happiness of all people. He was like Hariścandra (the epic king who donated even himself in charity). He anihilated the miseries caused by the enemies and destroyed scoundrels inflicting miseries upon the peace-loving people. He was endowed with wisdom and there was no other King who could excell Hariścandra in noble deeds.

[XIII. 93]

तस्मादभूददद्भुतकृत्यमान्यः साधारणो भूमिपतिर्वदान्यः ।
दारिद्र्यमुन्मूल्य पुनः स्ववैरिष्वस्थापि कामं कृपयैव येन ।। 94 ।।

From Hariscandra took birth the King Sādhāraṇa who performed surprising deeds, respected by all, who practised charity as a result of which poverty was rooted out in his kingdom and who exhibited kindness even to his enemies by settling them in their respective kingdoms.

[XIII. 94]

कामो धर्ममहेशमान्य उदयो नास्तं प्रयातः क्वचित्
नो दाने विरतः सुहृत्तनुमनःसन्तापहृच्छूरता ।
सच्चक्रातिविचित्रमित्रसुखिताबुद्धिप्रदा चन्द्रता
चातुर्येण महेन्द्रता कविमनाः किंचिन्न यस्यादृभुतम् ।। 95 ।।

The King Sādhāraṇa ways respected like Kāmadeva (the god of love), Dharmarāja (the god of virtues and death) and Mahādeva (Lord Śiva). In his kingdom, auspiciousness was always in rise and never diminished. He was devoted to charity. He anihilated the physical and mental miseries of his friends with valour. By his noble and surprising deeds, he endowed with happiness and wisdom among his friends like a moon. In cleverness, he was like Lord Indra. He was a poet and there was nothing which was difficult for him to perform.

[XIII. 95]

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अजनि सहजपालस्तस्य पूर्वस्तनूजः
सकलगुणनिधानं शास्त्रधर्मैकवेत्ता ।
प्रथितपुरुषरत्नं यं समालोक्य लोको
बहुविधिषु विधातुः कान्ततां मन्यते स्म ।। 96 ।।

The elder son of the King Sādhāraṇa was Sahajapāla who was the repository of all good qualities, who was proficient in scriptures and religious duties, who was reputed as the gem of human beings and whose sight made people to praise the beauty of the creative activities of Lord Brahmā.

[XIII. 96]

तदनु मदनपालः पुत्ररत्नं बभूव ।
अकृतसुकृतभाजा येन राज्ञा निघण्टुः ।
भिषगभिमतसिद्धो कीर्त्तिसन्दोहभाजा ।
सकलगुणयुतेन स्वेन नाम्ना प्रसिद्ध[23]ः ।। 97 ।।

The younger son of Sādhāraṇa was the King Madanapāla who was endowed with virtues and all good qualities. He composed this *nighaṇṭu* (work on Materia medica) on the lines recognised by the physicians as a result of which he became famous and he made this work known by the prefix of his own name.

[XIII. 97]

यो राज्ञां मुखतिलकः कटारमल्ल-
स्तेन श्रीमदननृपेण निर्मितेऽत्र ।
ग्रन्थेऽस्मिन्मदनविनोदनाम्नि पूर्णो
वर्गोऽयं गुणगणमिश्रमिश्रकोऽयम् ।। 98 ।।

Colophon

Description of the group dealing with miscellaneous items including regimens, etc., in *Madana vinoda* composed by the reputed King Madana having the title *Kaṭāra malla* is completed.

[XIII. 98]

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23. पाठोऽयं 'क', 'ख' ग्रन्थयोर्नोपलभ्यते ।

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अब्दे ब्रह्मजगद्युगेन्दुगुणिते श्रीविक्रमार्कप्रभौ
माघे मासि महक्षपेन ललिते षष्ठ्यां सुधांशोर्दिने ।
दीनानां परितापपापशमनं ग्रन्थं निघण्टुं किल
श्रीदः श्रीमदनो व्यधत्त चतुरः सच्चक्रचूडामणिः ।। 99 ।।

This work was composed (completed) by the wise King of Kings Śrī Madana on Monday which was the sixth day of the bright fortnight of the month of *Māgha* during the *Vikrama Saṃvat* 1431, with the object of anihilating the miseries of the suffering humanity.

[XIII. 99]

इति मदनपालनिघण्टौ मिश्रकवर्गस्त्रयोदशः ।। 13 ।।

Thus, ends the thirteenth group dealing with miscellaneous items.

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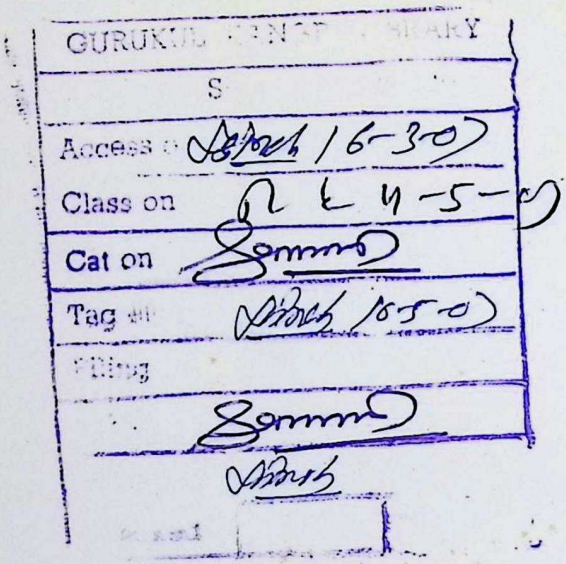

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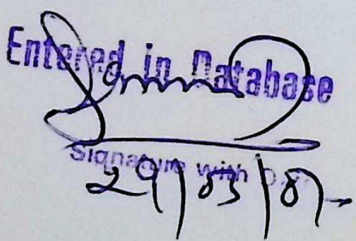

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Madanapāla introduced many new drugs such as *opium, bhanga, jayapala, kumari, parasika yavani, methika, cauhara, sulemani kharjura, seva, amrtaphala, anjira, kundalika, pheni* etc. and also described the properties of human urine and established the concept of *bala catustaya*. Thus, in every respect, it constructed the base and paved the way for the *Bhavaprakasa nighantu* which dominated the field for centuries and is the most popular text of *dravya guna* even today.

It is heartening to note that such a *nighantu* text of historical importance has been handled for new edition with English translation by Vaidya Bhagwan Dash, a scholar and writer of international repute, who has made every effort to effect improvements in order to make it more intelligible and popular.

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